

Fire Prevention
... Pages 9-12

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ELK POINT REVIEW

Tuesday, October 5, 2004 vol. 24 no. 40
75 cents (GST incl.)

**Historical Society
remembers wartime**
... Page 2

Walk to School Week
... Page 3

There will be ice!
... Page 20



Best All-Around Student

Best All - Around Academic-Athletic Student Travis Lindquist accepts the award sponsored by Dr. K. C. Miller from F. G. Miller High School principal Jim Hawkins. The award goes to the student who contributes the most to the school and has a positive attitude, works to potential and is active and proficient in sports.

VICKI BROOKER PHOTO

F. G. Miller High celebrates students' success at Awards Night

By VICKI BROOKER
Review Staff

The staff and students of F. G. Miller Junior/Senior High School celebrated the successes of the 2003-04 school year last Thursday evening as the winners of more than 250 trophies, pins and cash awards came forward to accept their prizes. Almost 70 additional awards and scholarships were presented at the Class of 2004's commencement exercises in late August.

Awards for academic honors, honors and honorable mentions went to the top students in both junior and senior high grades, with the senior high students also receiving merit pins for core subjects in which they had achieved a mark of 75% or higher. See Pages 5 - 7 for recipients.

Citizenship awards

Zoey Kinjerski qualified for the B&R Eckels Junior High Citizenship Award, with honorable mention going to Megan Derewynka, Nicole Kalynchuk, Brittany Ballas, Sage Lowry, Lisa Kozicky and Sara Kozicky.

John Braga received the school's Best All Round Citizen Award, sponsored by Elk Point Dental Clinic, at the fall graduation ceremonies, with Thursday's honorable mentions going to Travis Lindquist, Valerie Friesen, Marcy Ference, Scott Lindquist, Shyla Bullock, Stephanie Ference, Darby Brooker and Candace Babcock.

Subject awards

French awards, sponsored by Tags Food and Gas, went to junior high student Nicole Kalynchuk and senior high student Valerie Friesen.

Sara Kozicky accepted the junior high Computer Processing award from Community Lions of Elk Point, with Darby Brooker receiving the senior high award.

Sisters Sara and Lisa Kozicky shared the Home Economics Family Life award for junior high, presented by Deanna Easthope on behalf of Elk Point FCSS. Senior high Home Economics awards sponsored by Re/Max Lakeland Realty, Meadowview Garden Centre and Wozniak Bulk Service went to Stephanie Ference, Marcy Ference and Darby Brooker.

Art awards from Servus Credit Union, Jorvik Welding and Machine Tool and Lakeland Meat Processors went to junior high students Lisa Kozicky and Sage Lowry and senior high students Samantha Armstrong and Karly Shankowski.

(Continued on Page 7)

Six candidates vying for four town council seats on October 18

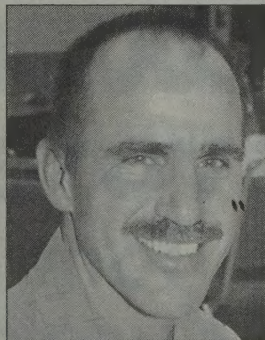
The Review presents the platforms and priorities of our municipal election candidates.



Bernice Capjack

Bernice Capjack is completing her first term on town council, and found the experience "very rewarding. I learned a lot about the operation of the town. It's been a good learning experience" Capjack says she enjoyed "every committee I've been on, and everything

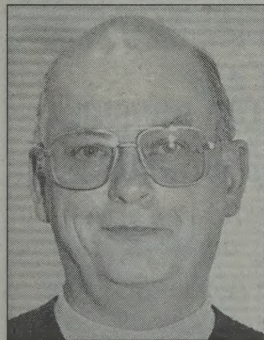
(Continued on Page 8)



Lyle Frisby

After a term as mayor, Lyle Frisby decided to seek a council seat instead. "There's no way I could put in the time it takes to be mayor for another three years. It's not fair to my family." Still, he says "there's a lot of projects I would like to see through to

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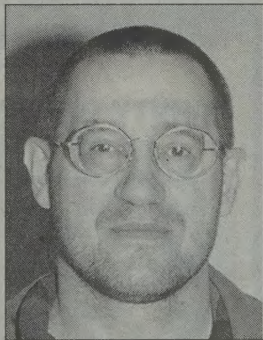


Dennis Jasinsky

Dennis Jasinsky has two terms as a councillor, and says it's "an honor and a privilege to serve the people of this town."

He doesn't feel that any major issues will face the new council. "We seem to have got a handle on those, and straightened them out,"

(Continued on Page 8)



Thomas Kondla

Thomas Kondla is a first-time candidate, and feels he is "very community minded, and have been very involved with the community in the past. I'm very approachable, I'm a good listener and willing to listen to what people have to say." Kondla's volunteer involvement includes

(Continued on Page 8)



Alvina Shuhmacher

Alvina Shuhmacher has eight years of town council experience behind her. She was first elected in 1984, and served for two consecutive terms. Following her retirement as matron of Heritage Lodge, she returned to the political arena two years ago in a by-

(Continued on Page 8)



Dwayne Yaremkevich

First-time candidate Dwayne Yaremkevich has lived in Elk Point "almost all my life, and I finally feel I should contribute" to the community by running for council.

Community involvement is familiar to Yaremkevich, an Elks Lodge member who

(Continued on Page 8)

Afternoon of history to focus on "life on the home front"

By Vicki Brooker
Review Staff

They fought on the beaches, in the air, in the trenches and on the sea. And here at home, life struggled on without a large part of Canada's male population.

"Life on the Home Front" is the theme for Elk Point and District Historical Society's 2004 Afternoon of History, which is scheduled for the afternoon of Remembrance Day, Thursday, November 11.

After the annual Remembrance Day ceremonies and memorial service, Elk Point and district is invited to spend the afternoon at the Seniors' Recreation Centre with the Historical Society for the event, which will feature displays of photos and memorabilia of the World War II years, and both first-person and written stories of life in that era.

The Historical Society is hoping to have a variety of local speakers on the program to relate their experiences, and would also be happy to display photos, uniforms, and items such as war bonds and ration books.

If you would like to be part of the program or have items you would be willing to loan for the occasion, please contact Marvin Bjornstad at 724-2061 (evenings) or Ron Onusko at 724-3679.

Annual fall selective traffic enforcement program planned by RCMP

By Cpl. Darryl Eagles
St. Paul Traffic Services

Summer has come to an end, and Alberta residents are busy harvesting and preparing for the Thanksgiving weekend. It is also a reminder that that October is the annual fall Selective Traffic Enforcement Program (STEP) being conducted by the RCMP Traffic Services units and their partners in the Regional Health Authorities across the province. During this campaign, concentrated efforts will be put forth to deal with those not complying with occupant restraint laws.

During the month of October the RCMP Traffic Services Unit in St. Paul, in conjunction with their partners in the Aspen Regional Health Authority, will be launching the STEP for seatbelts. The St. Paul Traffic Services Unit is responsible for traffic enforcement in the detachment areas of St. Paul, Elk Point, Bonnyville and Cold Lake. The Regional Health Authority partners in each of these areas will be working with the traffic unit in a series of planned

check stops. The police will be responsible for handing out the tickets, while the health authority partners will educate the drivers and occupants on the proper ways of securing children in the seatbelts or child seats.

During this campaign there will be a zero tolerance, and the fines for disobeying the law are expensive: \$115 for each infraction. This means that if you or your occupants are not properly belted, YOU will receive a ticket in the amount of \$115 for each infraction.

Example: You are the driver and have three occupants under 16 years of age. Nobody is wearing proper occupant restraints. You would receive a ticket for not your belt and three other tickets, one for each occupant, for a total of \$460.

Cpl. Darryl Eagles of the RCMP Traffic Unit disagrees with any suggestion that this is simply a cash grab. "It only takes a few seconds to buckle up and you won't have to worry about getting a ticket. It may also save your life."

As a result of statistics gathered from

1996 until 2001 in the St. Paul Traffic Services area, it was determined that 56 percent of the fatalities (38 people) and 41 percent of the seriously injured (163 people) were not wearing seatbelts. A local collision on September 15 of this year on Highway 28 north of St. Paul is an example of how seatbelts save lives and reduce injury. In that collision, a southbound Ford Ranger collided with another southbound truck pulling a swather, and the Ford Ranger caught fire. Because they were wearing seatbelts, the occupants of the Ford Ranger escaped with only minor injuries.

Enhanced awareness, education and enforcement efforts are focused on increasing seatbelt wearing rates across Alberta by continuing to educate the motoring public about the serious consequences of not wearing a seatbelt or not using a child safety seat. The provincial campaign supports local and community efforts to increase seatbelt wearing rates to achieve a provincial goal of a 95 percent seatbelt wearing rate by 2010.

Fire, break-in, vandalism keep RCMP busy

By Cat. Richard McKay
Elk Point RCMP Detachment

In the early hours of September 25 at approximately 2:30 a.m. unknown person(s) set fire to a garage located in Elk Point. A nearby pallet was set on fire then placed up against the wooden garage door.

Damage was contained to the door and a nearby fence.

Amount of damage is unknown at this time as investigation continues. A block from the fire, a large sign was vandalized. The sign was smashed, with the letters located near the fire.

Also in Elk Point, there

was a break-in at a local business. Culprit(s) gained entry through a window, gained access to an office area of the business and went through their records. Nothing was stolen from the business. Police and business owner were quick to respond, but unfortunately the suspect(s) fled on foot.

Anyone with information regarding any of the above

incidents is asked to call Crime Stoppers at 1-800-222-TIPS (8477) or the Elk Point RCMP Detachment at (780) 724-3964.

Crime Stoppers will pay up to \$200 for information leading to the arrest of the person(s) responsible for this or any other crime. You do not have to reveal your identity and if your tip leads to an arrest you qualify for a reward.

NOTICE OF ELECTION

LOCAL AUTHORITIES ELECTION ACT
(SECTION 35.74)

ADVANCE VOTE

LOCAL JURISDICTION:

COUNTY OF ST. PAUL #19
and

ST. PAUL EDUCATION REGIONAL DIV. #1
PROVINCE OF ALBERTA

Notice is hereby given that an election will be held for the filling of the following offices:

COUNCILLOR (1) -- DIVISION 3

COUNCILLOR (1) -- DIVISION 4

COUNCILLOR (1) -- DIVISION 6

COUNCILLOR (1) -- DIVISION 7

SCHOOL TRUSTEE (1) -- DIVISION B

SCHOOL TRUSTEE (1) -- DIVISION D

VOTING STATIONS WILL BE LOCATED AT:
ST. PAUL COUNTY OFFICE
5015-49 Ave., St. Paul, AB.

Notice is hereby given that an election will be held for the filling of the following offices:

COUNCILLOR (1) -- DIVISION 1

COUNCILLOR (1) -- DIVISION 2

VOTING STATION WILL BE LOCATED AT:
SENIORS RECREATIONAL CENTRE
(Pioneer Circle - Conference Room)
Elk Point, AB.

VOTING WILL TAKE PLACE ON THE:

9th day of October, 2004

Between the hours of 10:00 am and 4:00 pm

Dated at the Town of St. Paul in the Province of Alberta, this 23rd day of September, 2004.

Louise Plante, Returning Officer

Qualifications of elector to vote at an advance vote. (S.76 in part)
The persons authorized to vote at an advance vote are the electors
• who have reason to believe that they will be unable to attend a voting station during the whole time fixed for the election.
• who by reason of physical disability find it impossible or extremely difficult to attend the regular voting station.

Every person applying to vote at an advance voting station, before being permitted to vote, shall be required by the deputy to make a statement in the prescribed form (S77 in part).

ELK POINT DENTAL CENTRE

is pleased to welcome

DR. STEVEN MA
as our new full-time dentist

Dr. Ma is a University of Alberta Dentistry graduate with Advanced Dental training from Boston University.

We are pleased to have this competent professional in our community and invite you to join our dental team to receive excellent comprehensive dental care.

NEW PATIENTS, WALK-INS AND EMERGENCIES WELCOME!

Phone: (780) 724-4086

Office Hours: 8:00 a.m. to 5:00 p.m.

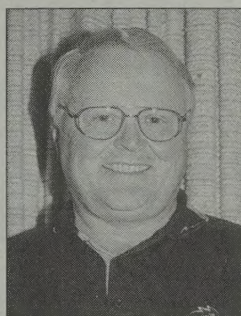
Monday through Friday

We are located at 4905 - 49 Ave., Elk Point
(South across from Co-op)

Ready to Take on the Challenge

for

**COUNTY COUNCILLOR DIVISION 1
ST. PAUL**



* Friendly, sociable, approachable

* People come first attitude

* Lifetime resident of the area

FOR STRONG LEADERSHIP

On October 18, 2004 VOTE:

SANDERS, George X

NOTICE OF ELECTION

TOWN OF ELK POINT

Notice is hereby given that an Election will be held for the filling of the following offices:

Councillor - 4 Vacancies

VOTING WILL TAKE PLACE ON THE:

18TH DAY OF OCTOBER, 2004

between the hours of 10:00 am and 8:00 pm

VOTING STATION WILL BE LOCATED AT:

Town of Elk Point Council Chambers

4910-50 Avenue, Elk Point, AB.

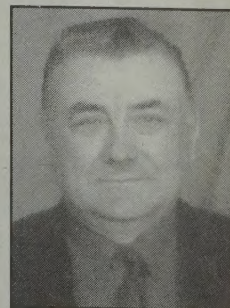
Dated at the Town of Elk Point in the Province of Alberta this 21st day of September, 2004.

MYRON J. GOYAN
RETURNING OFFICER

ON **OCTOBER 18**

VOTE
Tom Kurek

**Division 2
County Councillor**



"Prepared to work hard for the residents"

Phone: 724-2207



International Walk To School Week

Elk Point Elementary School students and staff got off to an early start on International Walk To School Week, October 3 - 9, when RCMP Sgt. Brian Quist led the entire school population on a walk downtown and back last Friday morning. The morning started with the singing of O Canada, led by Leigha Bishop, Andrea Bader and Don Buryn, while principal Lorne Young raised the flag (left). Walk organizer Rob Boyd said the purpose of the walk is to encourage students to walk safely on their way to and from school, and was "a great way to start off Friday morning." After the walk, Lorraine Makowecki and Jodi Verenka welcomed the students back to school with juice boxes, delivered by grocery manager Aaron Knopp, courtesy of Elk Point Co-op.

Vote SHARIL BAUMGARDNER

Division #2 Councillor - County of St. Paul #19
724-3669

I believe in:

- ✓ Fair representation on County Council
- ✓ Open and accountable governance
- ✓ The safety, health & wellbeing of all residents

I will continue to work on:

- ✓ A safe road infrastructure
- ✓ Management of joint resources with the Town of Elk Point (Ambulance, Fire Protection, Seniors Housing, Airport, Etc.)
- ✓ Improving health services and recreation
- ✓ Securing a dependable water source for the future

YOUR CONTINUED SUPPORT IS IMPORTANT

For a strong experienced voice, vote ...

BAUMGARDNER, Sharil X



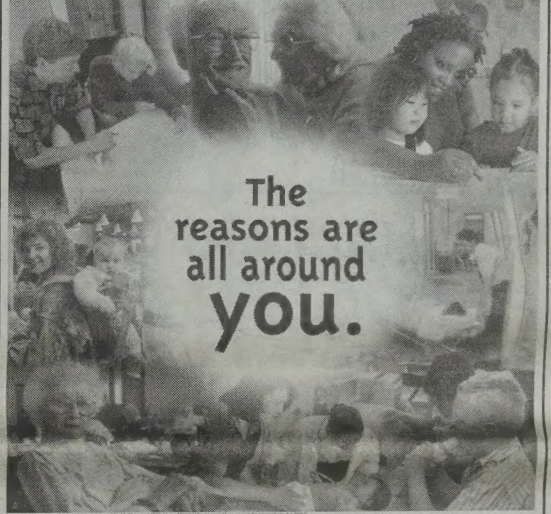
Driver airlifted after Thursday rollover

By Vicki Brooker
Review Staff

An unidentified 21-year-old Elk Point man remains in critical condition with extensive serious injuries after a rollover shortly before 5 a.m. on Thursday, September 30. The man was the driver and lone occupant of a vehicle which was traveling west on Armistice Road about two kilometers west of Elk Point when it left the road, going into the north side ditch. It then crossed the road into the south ditch, where it rolled. The driver was not wearing a seatbelt and was ejected from the vehicle, sustaining serious injuries. He was airlifted by STARS to a hospital in Edmonton. Cause of the rollover is still under investigation.

Just a reminder...
Chamber of Commerce meets
Wednesday, noon at the Empress

Get the Flu Shot!



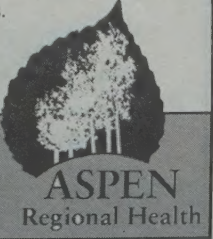
Influenza can lead to serious complications and even death for people in high risk groups. Protect yourself and those around you.

Get the flu shot. Not the flu.
No Appointments Required
Health Care Number Required
Aspen Health Services - Elk Point, St. Paul & Area

- Friday, October 15 @ Pioneer Senior Centre, Hwy. 41
9:00 a.m. - 3:00 p.m.
- Wed., October 27 @ Pioneer Senior Centre, Hwy. 41
3:00 p.m. - 8:00 p.m.
- Tuesday, October 19 @ Fishing Lake Communiplex
11:00 a.m. - 3:30 p.m.
- Wed., October 20 @ Heinsburg Senior Center
1:30 p.m. - 3:30 p.m.

Pneumonia Vaccine Also Available

- Flu and pneumonia vaccine is recommended and provided free of charge for:
- *Everyone over 65 years of age
 - *Anyone who has:
 - *Chronic Disease of Heart, Lungs, Kidneys, Liver
 - *Cancer *Diabetes *Severe Anemia *Alcoholism
 - *Low immunity conditions (HIV, Leukemia, Hodgkin's)
- All children between 6 months and 23 months, as well as all members of the family in the household, are eligible for free flu vaccinations.
- Flu Vaccine also available to:
- * Children 6 - 23 months Free
 - * Children 24 - 35 Months \$13.00 per dose
 - * 36 Months - Adult \$18.00

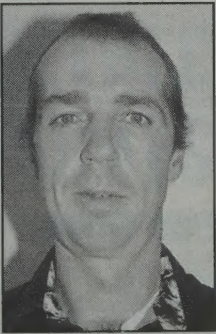


CAPJACK
FOR COUNCILLOR



- Served on past council 2001-2004
- Resident for 36 years
- Elementary school teacher
- Served in all capacities in clubs in our town
- On the Board of Directors for the Co-op
- Open, approachable and willing to serve the needs of our citizens
- Determined to make our town more attractive to all in the areas of health, safety, recreation & new businesses
- Very willing and capable of working with any team.

On October 18
VOTE
GLEN OCKERMAN



For
Division 1
County
Councillor

"Willing to work for the people
of Division 1"

EDITORIAL

Butting out: fire prevention, too?

And now, just in time for Fire Prevention Week, everyone in Alberta prisons has had to butt out.

Removing the use of tobacco from these institutions is causing concern. Will there be riots or uprisings? And if there are, will the guards and other staff, who also have to give up puffing, side with the prisoners?

Some concern has been expressed that this could impinge on the rights of prisoners. But is smoking a right or a privilege? It's somewhat doubtful if it fits in the category of rights with such things as the ability to contact legal counsel, to be provided with adequate food and water, and to have a roof over one's head.

Those who currently reside in our prisons have lost a privilege which is becoming increasingly rare. Many restaurants, even those here in Elk Point, no longer allow smoking. You can't smoke in the town office, in the large hall of the seniors' recreation centre, in any health care facility, in the arena or on the curling rink ice. Most offices and many businesses have established a no smoking policy. In Manitoba, as of last Friday, you can no longer smoke in any enclosed public place. Before long, places where a smoker can light up will be few and far between.

Removing tobacco from prisons could have far reaching effects, but they could be very positive ones: less chance of fire and therefore lower insurance costs, decreased illness among prisoners and staff, and prisoners who beat the habit by the time they are released.

WAY BACK WHEN

Industrial growth, First Night planning

FROM THE FILES OF THE LAKELAND REVIEW AND ELK POINT REVIEW FOR THE WEEK OF OCTOBER 5 IN...

1984

Mayor Ed Buck announced that Pan Canadian Petroleum had taken an option on 10.68 acres in the industrial park, with plans to build an office building, warehouse and storage yard on the site. It was business as usual at Elk Point Hospital, following the departure of hospital administrator Maurice Lafrance.

1989

Anthony Bayduza qualified for eight awards at F. G. Miller High School's awards night, while David Hellquist was named top all-around student and Maria Antonio the top student in the Grade 12 diploma program. Town administrator Pat Vincent declared Elk Point's "nose is still above water" despite the depressed oil economy.

1994

Elk Point's provincial courthouse closed its doors after 28 years, due to governmental deficit cuts. A good representation from local groups agreed to help coordinate a First Night Festival to take place on December 31.

1999

Elk Point seniors celebrated the International Year of Older Persons with a dinner at which pins were presented to eight seniors who turned 80 during the year. Elk Point Health Centre Auxiliary presented the Health Centre with a CPR infant instructional doll for use in training staff and

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

LEADING THE WAY WITH A MINORITY GOVERNMENT...



GUEST COLUMN

Shake it off and take a step up

I found this cute story and I hope you are able to enjoy a laugh after you have read it.

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally he decided the animal was old and the well needed to be covered up anyway. It just wasn't worth it to retrieve the donkey. He invited all his neighbors to come over and help him. They all grabbed shovels and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement, he quieted down. A few shovels loads later, the farmer finally looked down the well and was astonished at what he saw. With every shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up. As the farmer's neighbours continued to shovel dirt on top of the animal, he would shake it off and take another step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and trotted off!

I liked this story as it can be compared to some moments in our lives. There are moments in our lives that

someone or something is going to shovel dirt on us - in fact, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells just by not stopping, but never giving up. Shake it off and take a step up!



deanna
EASTHOPE
from the FCSS desk

Remember these five rules of happiness:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Those five rules may sound too simple to be effective, but I think they make sense. When things aren't going well for us, it is so easy to get down on ourselves and therefore we don't find another possible solution. Let the

"shake it off" attitude work in our lives. After all, our stress levels will be less. Whether it's the best of times or the worst of times, it's the only time we've got. Let us look after our lives.

Let me share with you what our youngest son shared with us about the Philippine people. It is now their rainy season and that means it rains so much that there are a lot of floods. People lose their homes and everything they have. It doesn't hit the newspapers because this is just a way of life for these people. The observation that our son made was that these people still smiled. What a lesson!

What makes it so different for us? Basically, I think we put a lot of value on "stuff" and we have lost the sense of simpleness of life. So for us to activate the five simple rules of happiness, we will have to decide we want happiness.

Just like the donkey in the story decided to use the dirt which was thrown on him to be a positive rather than a negative, his life changed. Happiness came and he was free. May you all find some sense to the donkey story and may you find happiness if you are experiencing problems in your lives.

"Five rules of happiness: 1. Free your heart from hatred.
2. Free your mind from worries. 3. Live simply. 4. Give more. 5. Expect less."

- Deanna Easthope

ELK POINT REVIEW

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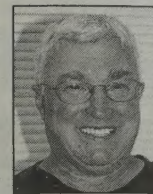
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FRONT DESK



Doug Basset
SPORTS

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Canadian Community Newspapers Association



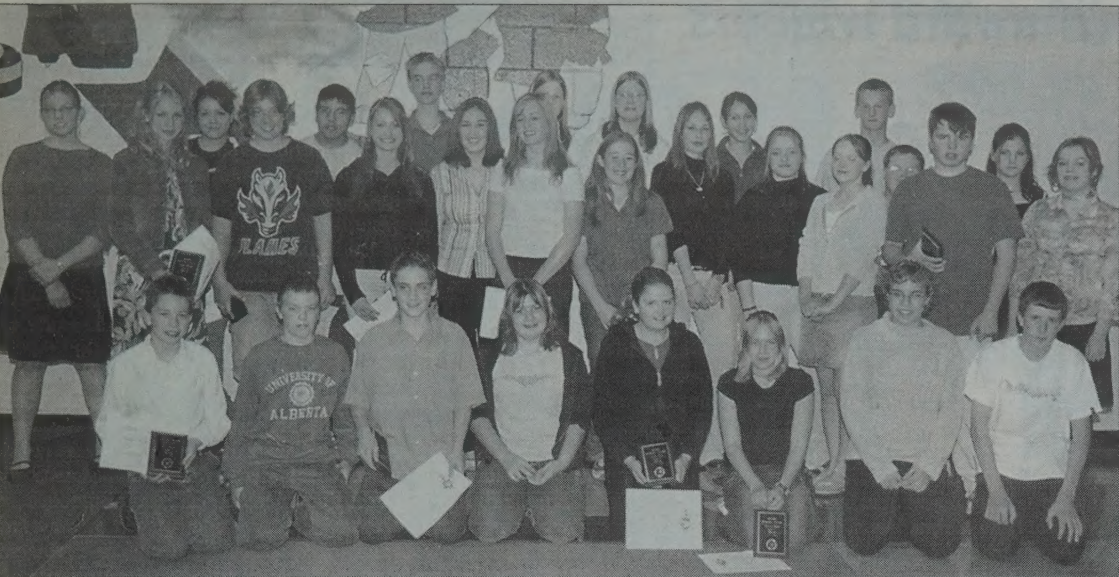
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Junior High Honor Awards recipients celebrated their success at Awards Night last Thursday.

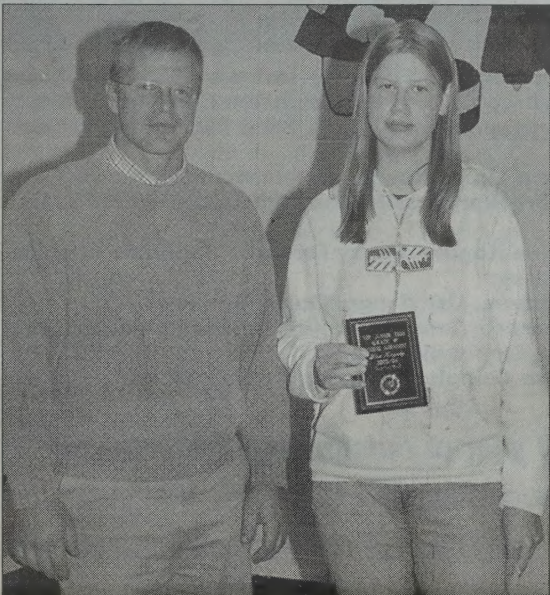
Junior high honors

(Sponsors in brackets)

Grade 7 - Academic honors awards (Town of Elk Point and Dr. Ramful Professional Corporation) went to: Ryan Marceniuk, Nicole Kalynchuk, Samantha Dion-McFeeters and Eric Mosely. Honorable mention (Canadian Salt Company) went to Robyn Ockerman, Corey Smereka, Marissa Bader, Brittany Bzowy, Kurtis Morris, Tyson Ockerman, Alex Buck, Jayden Dull, Warren Jurak, Jordon Krankowsky, Andrea Lee, Sarah Proskiw, Ashley Wowk and James Braga.

Grade 8 - Academic honors awards (Cal's Home Hardware, Ray and Lorraine Danyluk and Wilter Auto and Industrial) went to Nicole Labrie, Chelsea Richards, Erin Lindquist, Sabrina Stewart and Adam Zapesocki. Honors (Elk Point RCMP and Elk Point Pioneer Circle) went to Melissa Frisby, Justyne Wozniak, Zoey Kinjerski and Terri White. Honorable mention (Elk Point Elks Lodge) went to Allan McDonald, Natalie Maas, Kelsey Slywka, Colin Routhier, Tyson Proskiw and Derek Wruth.

Grade 9 - Academic honors awards (E-Can Oilfield Services) went to Brittany Ballas, Sara Kozicky, Lisa Kozicky and Sage Lowry. Honors (TD Canada Trust) Danielle Abraham; Honorable mention (Shamrock Valley Enterprises) went to Cassandra Cochrane, Tyson Sommerville, Daniel Shankowski, Amber Morris, Emily Mosely, Jessica Priddle and Kenneth Fithen.



The St. Paul Education Regional Division #1 award for top Junior High (Grade 9) academic standing was presented to Lisa Kozicky by Murray Boratynec.

LAKELAND COLLEGE
NO LIMITS
Many Companies Hiring Right Now
in the Transport Industry!
Increase your earning potential by enrolling in:

- Professional Transport Operator Program (PTO)
Offered monthly in Lloydminster
(Student financing may be available from AB and SK Learning)
- Q Endorsement and Saskatchewan Air Brakes
- Class 1 & 1A
- Class 3 & 3A

For more information or to register contact:
Raeloan Hickson (780) 871-5528
or 1-800-661-6490, ext. 5526

Lloydminster
Sherwood Park
Vermilion
www.lakelandc.ab.ca

ELECT ALVINA SHUHMACHER

A sincere individual who is dedicated to continuing her efforts to serve the needs of the people of Elk Point.

SHUHMACHER, Alvina **X**

WHY SHOULD A MOTHER'S CAR INSURANCE RISE IF HER DAUGHTER STARTS DRIVING?

In fairness, it shouldn't. And under Alberta's new auto insurance system, parents will find their children's premiums much easier to bear. Because now what you pay depends on your driving record. It's how you drive, not who you are that matters. To learn more, check your mailbox for the information pamphlet, visit us online at www.autoinsurance.gov.ab.ca or contact your local insurer or insurance broker.

Alberta
Looking for better ways

It's how you drive, not who you are. www.autoinsurance.gov.ab.ca

Grade 10 Honor and merit award winners



Grade 10 academic honors awards sponsored by Empress Family Restaurant, Elk Point Royal Canadian Legion and Video Point went to Darby Brooker, Katrina Robinson, Lisa Braga, Marcy Ference and Stephanie Ference, with Honors awards sponsored by Elk Point Truss going to Darci Abbott and Kristen Lindsay.

Merit pins sponsored by Kelly's Closet and Northern Lights Library System went to:

English - Jeff Young, Candace Babcock, Darby Brooker, Jessica Lee, Stephanie Ference, Lisa Braga, Amanda Poulin;

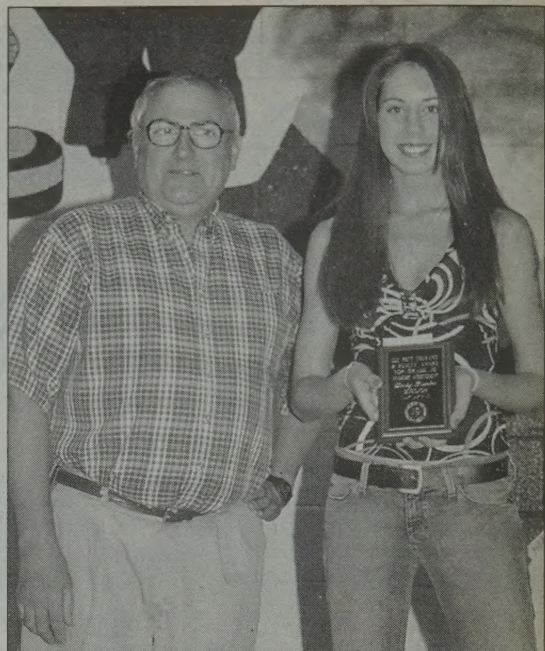
Math - Harley-Ray Delorme, Darci Abbott, Stephanie Kondla, Marcy Ference, Stephanie Ference, Jeff Young, Lisa Braga, Darby Brooker, Kristin Lindsay;

Social Studies - Christina Moores, Ashley Glass-Demers, Lisa Braga, Darby Brooker;

Science - Kristen Lindsay, Darby Brooker, Marcy Ference, Amanda Poulin, Katrina Robinson, Darci Abbott, Stephanie Kondla, Bailey Weir, Lisa Braga, Stephanie Ference;

French - Darci Abbott, Christina Moores, Catherine Campbell, Katrina Robinson, Ashley Glass-Demers.

Congratulations, Crusaders, on a great year of outstanding achievement!
Keep up the good work!



Elk Point Insurance and Realty's award for Top Grade 10 Academic Standing was presented to Darby Brooker by Lawrence Pidluzny.



Lucille Smith presented the Bruce Smith Memorial Award to Lisa Braga, who was selected as the Grade 10 student who best displayed the characteristics of a caring and helpful person, especially helpful to younger students.

ESSO / MOBIL

FALL OIL SALE

SEPT. 20 - OCT. 15

-- XD3 -- 15-40 -- 0-40

Protec Extra 5-30 Protec Extra 10-30
 Hydraul Oil 50, 56, Extra & Univis N22

-- WINTER CHAIN OIL --

McEWEN'S ESSO

CARD LOCK & LUBES

One block east of
 Elk Point Bumper to Bumper

Phone: (780) 724-3975

See FGM's sports and athletic award winners
 on Pages 14 and 15

Do you have concerns about
 problems with alcohol,
 other drugs or gambling?

We can help.

call 1-866-33AADAC

free and confidential 1-866-332-2322 www.aadac.com

AADAC Alcohol, Tobacco and Drug Abuse Counselling An Agency of the Government of Alberta INFORMATION • SUPPORT • REFERRAL

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 Your Home Improvements!**

"Maintenance Free & Energy Efficient"

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- Soffit & Fascia
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- Sunrooms
- Vinyl Decks



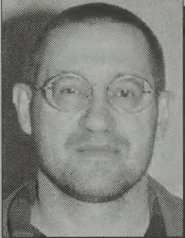
For An Estimate or Just a Little Friendly
 Advice, Call Today

4499 - 50 Ave., St. Paul **645-6940**
 5013 - 54 Ave., Bonnyville **826-6405**
 Direct Line - Cold Lake **594-5858**

...YOUR #1 PREMIUM RENOVATOR

PREMIUM
 RENOVATOR
 GOLD

**"A Fresh New
 Voice for
 Town Council"**



- Resident of Elk Point for 37 years
- Married with 2 children attending F.G. Miller Jr. / Sr. High
- Employed with the Canadian Salt Co. Ltd. for 23 years
- Have held positions of Shop Steward, Treasurer and Vice President of the Communications, Energy and Paperworks (CEP) Union Local 474
- President of CEP Local 474 past 8 years
- President of Elk Point Citizens on Patrol
- FCSS Board Member past 4 years
- Member of the Elk Point Canada Committee
- Past Treasurer of the Elk Point and District Agricultural Society
- Very community minded

"READY TO MAKE A DIFFERENCE"

On Monday, October 18, 2004 Vote

x Thomas V. Kondla

for Town Council

"YOUR COMMUNITY - YOUR WAY"

**ADVANCE POLL
 NOTICE OF ELECTION**

Town of Elk Point

Notice is hereby given that an election will be held
 for the filling of the following offices:

Councillor - 4 Vacancies

Voting will take place on the 6th day of October, 2004
 between the hours of 12:00 noon and 8:00 p.m.

VOTING STATION WILL BE LOCATED AT:

Town of Elk Point Council Chambers
 4910 - 50 Avenue, Elk Point, AB

Dated at the Town of Elk Point in the Province of
 Alberta this 21st day of September, 2004.

Myron J. Goyan
 Returning Officer

VOTE DENNIS JASINSKY

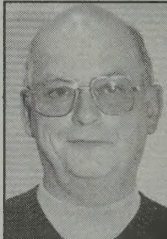
**For Elk Point
 Town Council**

for

- Long Term Planning
- Stable Taxes
- Preservation of Health Care Services

On October 18, Vote

X



JASINSKY, Dennis

Breast Cancer Awareness Month.

Changing your body can
 change your life.



Curves 30-minute fitness, commonsense weight loss program can help diminish the risk of breast cancer. If you join the week of October 11th and make a donation to your favorite Cancer Research Charity, we'll waive the service fee.

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The power to amaze yourself

Over 8,000 locations worldwide.

JOIN FREE

OCTOBER 12 - 16/04

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4814 - 49th Ave., St. Paul, AB T0A 3A3

www.curvesinternational.com

*Offer based on first visit enrollment, minimum 12 mo. c.d. program; new members only. Not valid with any other offer. Valid only at participating locations 10/11-10/16.

\$0

SERVICE FEE*

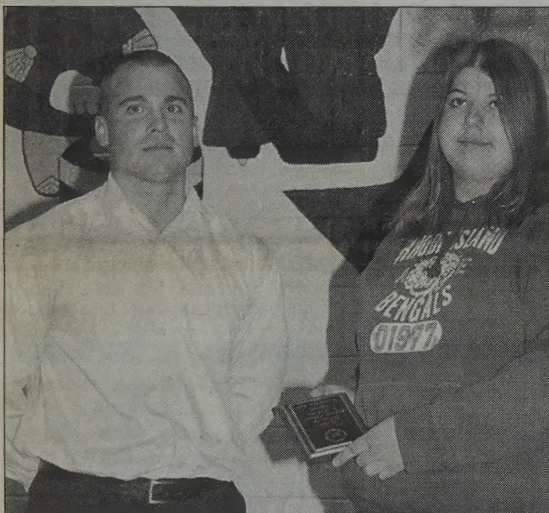
With donation.

©2004 Curves International



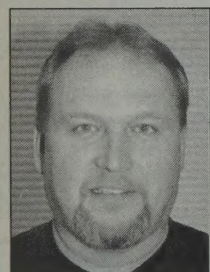
Grade 11 Honors and merit award winners

Grade 11 award recipients, left to right were Rachel Cardinal (Math, Science), Michelle Zapesocki (Math, Science), Shyla Bullock (Academic Honors, English, Math, Chemistry, Biology), Valerie Friesen (Academic Honors, English, Math, Physics, Chemistry, Biology, French), Jan Kozicky (Academic Honors, English, Math, Social Studies, Physics, Chemistry, Biology, French), Scott Lindquist (Academic Honors, English, Math, Social Studies, Physics, Chemistry, Biology, French), Melissa Breen (Math), Travis Lindquist (Academic Honors, English, Math, Social Studies, Physics, Chemistry, Biology). Not shown are Tauer Haines (Academic Honors, English, Social Studies, Chemistry), Devin Moneta (Academic Honors, Chemistry), Curtis Proski (Math, Chemistry), Amy Olstad (Social Studies, Chemistry), Tyson Slwyka (Social Studies), Ryan Merkel (Science), Sabrina Wall (Science). Academic Honors awards were sponsored by Evergreen Stationers and Woody's Trophy & Gifts, merit pins by Home Town Grocers and Footprints.



Top Grade 11 student

The ATB Financial award for Top Grade 11 Academic Standing was presented to Jan Kozicky by Kyle Watson.



**VOTE
DWAYNE
YAREMKEVICH
for
Town Council**

FGM celebrates students' success

(Continued from Page 1)

Industrial Education awards sponsored by Hahn Welding, Apple Drugs and Elk Point Historical Society went to: junior high - Erin Lindquist and Sabrina Stewart, senior high - Scott Lindquist and Travis Lindquist.

Richland Oilfield Services and the Elk Point Review sponsored the Cree language awards, which went to Margaret Watchmaker and Tyler Youngchief.

This year's Brailsford Memorial Music Award, sponsored annually by St. George's Lodge AFAM went to Grayson Bilak.

The Career and Life Management award, sponsored by Elk Point Health Care Centre, Stedmans and the Elk Point Chamber of Commerce, went to Darby Brooker and Bailey Weir.

Darby Brooker also received the Financial Management award sponsored by Allen Warawa.

Dr. K. C. Miller's English 30-2 award was presented to Christine Benson at the fall graduation.

Special awards

St. Paul Education Regional Division #1 award for top junior high (Grade 9) academic standing was presented to Lisa Kozicky.

The Elk Point Insurance

and Realty Ltd. award for top Grade 10 academic standing went to Darby Brooker, and the ATB Financial award for top Grade 11 academic standing went to Jan Kozicky.

This years Bruce Smith Memorial award winner was Lisa Braga.

John Braga accepted a huge array of awards at the graduation ceremonies in late August, including the St. Paul Regional Division #1 award for top senior high (Grade 12) academic standing, the Kates Memorial Award, the Governor General's academic medal, the Apple Drugs math and science award, the Joy of Learning Grade 12 scholarship, the Great Kid Award, the Premier's Citizenship Award, the Valedictorian award, the Elk Point Elks scholarship and the Ila and

Max Borowsky Scholarship.

Kristyn Ballas received the Bepalko/ Sribney Scholarship and the Steve Kuziw Memorial Scholarship, Taryn Shankowski the Elk Point and District Lions Club Scholarship and Jesse Kozicky the senior high CJ Petroleum Personal Achievement Award.

The junior high CJ Petroleum Personal Achievement Award went to Kenneth Fithen.

Alexander Rutherford scholarships went to Kristyn Ballas (\$2500), Grayson Bilak (\$1200), John Braga (\$2500), Mark Ference (\$2500), Greg Kozicky (\$1200) Kurt Kozicky (\$400), Stephen Kozina (\$400), April Paley (\$2500) and Tasha Yopyk (\$1200).

Congratulations, everyone!



Canadian Natural

Please join us

OPEN HOUSE

Proposed Primrose East In-Situ Oil Sands Project

Canadian Natural Resources Limited has significant thermal heavy oil developments in the Primrose and Wolf Lake areas of northeastern Alberta. We recently announced plans related to the **Proposed Primrose East In-Situ Oil Sands Project**. We encourage and welcome your input on these plans and your participation in the regulatory process for the proposed Project.

Please join us at an Open House to learn more and to discuss these plans:

Date: Wednesday, October 13, 2004

Time: 4 p.m. to 7 p.m. Displays and opportunity to talk to the project team.
7 p.m. to 8 p.m. Presentation and discussion, refreshments and a light supper will be provided.

Place: Willow Prairie Hall, La Corey

We look forward to meeting with you at the Open House. If you are unable to attend, but have questions or comments, please call:

**Primrose East Project Information Line:
780-826-8128**

A Primrose East project disclosure document is available by calling the information line or at our web site: www.cnrl.com/assets/primrose.htm

County of St. Paul No. 19 Manned Landfill Sites WINTER HOURS

Effective October 1, 2004 - March 31, 2005

DAYS & HOURS OF OPERATION:

TUESDAY -- 11:00 AM TO 5:00 PM
SATURDAY -- 11:00 AM TO 5:00 PM

* ASHMONT N.E. 34-59-11-W4
* WHITNEY LAKE N.E. 8-56-4-W4
* MALLAIG N.E. 24-60-10-W4
* VINCENT LAKE N.W. 8-59-9-W4

DAYS & HOURS OF OPERATION:

TUESDAY -- 10:00 AM TO 5:00 PM
SATURDAY -- 10:00 AM TO 5:00 PM

* ELK POINT TRANSFER STATION

DAYS & HOURS OF OPERATION

SATURDAY ONLY -- 11:00 AM TO 5:00 PM

* LAFOND N.W. 20-56-10-W4
* LOTTIE LAKE S.W. 34-58-11-W4
* ST. EDUARD N.W. 27-57-8-W4
* ST. LINA S.E. 29-61-10-W4
* ST. VINCENT N.E. 32-59-9-W4

If further information is required, please contact
Dennis Bergheim -- Phone 645-3301

Greater St. Paul Local 25 Alberta Teachers' Association

The teachers of the Greater St. Paul A.T.A. Local #25 would like to wish all students and parents another successful year of public education in our learning community.

WELCOME BACK!

The Alberta Teachers' Association

COUNTRY VOCAL SPOTLIGHT 2004

*Experience the
spotlight!*

**Date:
Saturday, Oct. 23/04
at 7:00 p.m.**

- ☐ Junior Competition
(Ages 5 - 12)
☐ Open Competition
(Ages 13 & up)

KICK'S CANTINA
REDWATER, ALBERTA

**CALL 780-942-4800
TO REGISTER**
Ask for Doreen

Six vying for four Town council seats on October 18

Bernice Capjack
(Continued from Page 1)
I've worked on."

Capjack has served in an administrative position at Elk Point Elementary School, "in all capacities" with community organizations and church, and as a director on St. Paul Co-op's board for the past six years. "I can handle teamwork very well, and I like to be a leader."

Capjack says town council "needs to be concerned about recreation for teens, such as a skateboard park." She hopes the Citizens on Patrol Society will be revived, "because of concerns for the safety of the community. Safety is a big issue, especially among our older citizens."

She is in favor of making Elk Point "as attractive as possible to citizens and tourists, to encourage new business, and really keep Elk Point on the map. We have to work toward keeping it the kind of community it is." She is a strong supporter of the Iron Horse Trail and would like to some effort

made to beautify the approaches to town.

Lyle Frisby
(Continued from Page 1)

a finish, and I feel I could still be a great asset to the town. I have a vested interest in the community and want to be a part of it."

Frisby feels the biggest issue facing Elk Point is growth. "We need to try to get new businesses and people to locate here." The new animal control bylaw addresses what has been "my concern all along. There have been a lot of complaints, and that shows lack of commitment on the part of some pet owners."

He feels the past three years have been "very, very good. There have been a few water breaks, but those come with time. We didn't have the money to pave the industrial area, but we dug up enough to improve what we had. The town has to be run as a business, except that we're using taxpayers' money. I think every one of us can say we've done that very well."

Dennis Jasinsky
(Continued from Page 1)

however he sees a need for long term planning.

"The province has a five year business plan, and that's what we have to look at developing."

Jasinsky wants to see taxes stay at a stable rate, and to see ongoing projects such as the playground and outdoor rink completed. He feels the community will need to look at developing more industrial land, as very little is currently available.

"My number one concern is doctor recruitment. It will be an issue as long as we're alive. Elk Point is competing not only with other communities in Alberta but with major centres all across the country."

Jasinsky still has another pet project in mind, too, "I'm still working on getting a five-cent-per-litre provincial fuel rebate," which he feels would bring far more cash for infrastructure upkeep to the community than is available through current street improvement grants.

Alvina Shuhmacher
(Continued from Page 1)

election.

"It's been a good two years. Council has worked well together," Shuhmacher says, adding, "the enjoyment of politics still hasn't left my bloodstream."

Shuhmacher describes herself as honest, sincere, willing to receive public input and "a good listener who can work with what's been decided, even if I don't like it." Being retired, she has "the time to spend, and the past experience to do the job." She also feels she could give "some senior input to a young council. The senior outlook is not always the same as other people's."

Issues facing the new council will include the new animal control bylaw, which Shuhmacher feels could still raise some hackles among pet owners, and continued recreation development, including completion of the outdoor skating rink. Council should "strive to make the community one where people will want to live and do business" while "doing the things we need to do, within our means."

Thomas Kondla
(Continued from Page 1)

working with the Citizens on Patrol Society and the Canada Day committee, and organizing the Canada Day stage show.

Through community involvement, Kondla has experience dealing with various issues and says he has "the ability to listen to both sides and direct my decisions from there."

With one new doctor arriving soon, Kondla says, "I still believe the doctor situation is something we need to continue to work on." Economic development is "a big issue. We need not only to attract people and businesses but to retain the people and businesses we have in the community." He'd like to "work on a plan to move forward and not stay stagnant. I think the town has become very stagnant."

Kondla feels "town council can only do so much, the rest has to come from the community. We have to work on things that involve the community and let the community voice their opinions."

Dwayne Yaremkevich
(Continued from Page 1)

has also been involved in the operation of minor sports such as hockey and baseball.

The 25-year employee of Elk Point Truss feels his business skills could be useful to council. Yaremkevich says it would be good to have someone new added to council, and to bring in a youthful perspective to the decision-making process.

"I'd like to see the town prosper and grow. Council needs to make sure there are enough businesses to support the town, and try to keep business in town. Elk Point needs to be working with the oil companies to make sure they support the town, such as keeping their employees here rather than moving them out." Yaremkevich also feels the town must keep pace with changing technology.

If he's successful in his bid for a council seat, "it's going to take a while" to learn what is involved in keeping the community running smoothly, Yaremkevich says, "but it will definitely be a good experience."

NOTICE OF ELECTION

LOCAL AUTHORITIES ELECTION ACT
(Section 35, 74)

LOCAL JURISDICTION:
COUNTY OF ST. PAUL NO. 19
and
ST. PAUL EDUCATION REGIONAL DIVISION NO. 1
PROVINCE OF ALBERTA

Notice is hereby given that an election will be held for the filling of the following offices:

Offices	No. of Vacancies	Electoral Division
COUNCILLOR	1	DIVISION 1
COUNCILLOR	1	DIVISION 2
COUNCILLOR	1	DIVISION 3
COUNCILLOR	1	DIVISION 4
COUNCILLOR	1	DIVISION 6
COUNCILLOR	1	DIVISION 7
SCHOOL TRUSTEE	1	SUBDIVISION B
SCHOOL TRUSTEE	1	SUBDIVISION D

VOTING WILL TAKE PLACE ON THE:
18TH DAY OF OCTOBER, 2004
between the hours of 10:00 am and 8:00 pm

VOTING STATIONS WILL BE LOCATED AT:

DIVISION 1
Heinsburg Seniors Centre
Riverview Windsor Club
Ferguson Flats Hall

DIVISION 2
Seniors Recreation Centre
Conference Room, Elk Point

DIVISION 3
St. Paul County Office
Lac Bellevue Hall
Stoney Lake Hall

DIVISION 4
St. Paul County Office
Lafond Community Centre

DIVISION 6
St. Paul County Office
St. Brides Rec. Centre
Ashmont Legion Hall

DIVISION 7
Mallaig Seniors Centre
St. Lina Community Centre
Boyne Lake Hall
McRae Rec. Centre

SCHOOL SUBDIVISION B
Stoney Lake Hall
Lac Bellevue Hall
Lafond Community Centre
St. Paul County Office

SCHOOL SUBDIVISION D
Stoney Lake Hall
Lac Bellevue Hall
Lafond Community Centre
St. Paul County Office
St. Brides Rec. Centre

Dated at the Town of St. Paul in the Province of Alberta, this 22nd day of September, 2004.
Louise Plante, Returning Officer

QUALIFICATIONS OF ELECTOR

ELECTOR-ELIGIBILITY TO VOTE: (S.47(1) IN PART)

A person is eligible to vote in an election if the person:

- is at least 18 years old;
- is a Canadian citizen;
- has resided in Alberta for the 6 consecutive months immediately preceding election day;
- and the person's place of residence is located in the area on election day.

RULES OF RESIDENCE (S.48(1) IN PART)

- a person may have only one place of residence for the purposes of this Act;
- the residence of a person is the place where he lives and sleeps and to which, when he is absent, he intends to return;
- a person does not lose his residence by leaving the person's home for a temporary purpose;
- if a person leaves the area with the intention of making the person's residence elsewhere, the person loses the person's residence within the area.

SENATORIAL SELECTION PROCLAMATION

PROVINCE OF ALBERTA

For the purpose of electing four persons according to the *Senatorial Selection Act* whose names are to be submitted by the Government of Alberta to the Queen's Privy Council for Canada as persons who may be summoned to the Senate of Canada for the purpose of filling a vacancy or vacancies relating to Alberta, Public Notice is hereby given to the electors that the following are fixed pursuant to the *Senatorial Selection Act*:

Nomination of Candidates

Commencing immediately and continuing until 2:00 p.m. on the date fixed for nominations for the next general election under the *Election Act*, excluding Saturdays, Sundays and holidays, nomination papers may be filed with the Office of the Chief Electoral Officer during normal business hours at Suite 100, 11510 Kingsway Avenue, Edmonton, Alberta, T5G 2Y5, for a candidate under the *Senatorial Selection Act*.

Advance Polls

Advance Polls will be held in each electoral division at the locations designated and on the dates fixed for Advance Polls for the next general election under the *Election Act*.

Polling Day

Voting will take place on the date fixed for voting for the next general election under the *Election Act*.

Announcement of Official Results

The announcement of official results will take place at the Office of the Chief Electoral Officer 10 days after the polling date fixed for the next general election under the *Election Act*.

Additional information concerning the Senate Nominee Election may be obtained from the Office of the Chief Electoral Officer, Suite 100, 11510 Kingsway Avenue, Edmonton, Alberta, T5G 2Y5, Telephone 780/427-7191, or from the Returning Officer in the applicable Electoral Division:

Electoral Division	Returning Officer	Telephone	Address
Bonnyville-Cold Lake	Robert Engleder	(780) 573-4938	Cold Lake
Lac La Biche-St. Paul	Linda Ference	(780) 614-5331	St. Paul
Vermilion-Lloydminster	Borden Kaminsky	(780) 581-4246	Innisfree

Issued September 29, 2004 by O. Brian Fjeldheim
Chief Electoral Officer
God Save the Queen



All fired up about Fire Prevention Week

The members of the Elk Point Volunteer Fire Department include (back row, left to right) - training officer Cam Stevenson, county captain Darryl O'Reilly, Gary Brown, rescue captain Jon Kadutski, Pat Demers, Jay McNeill, Jonny Nielsen, town captain Nigel LaFrance, Robert Smit, Wes Wager; (front row, left to right) Trevor Melnyk, Yvette Best, Al Paley, Rob Hart. Not pictured are fire chief Ken Palamarek, deputy chief Lyle Frisby, Dwayne Porcina, Dean Rogal, Dan Cazabon, Peter Danyluk, Dwayne Onyschuk, Ian Kossey and Kevin McNally. These devoted volunteers would like to remind you that fire prevention is important not only this week, but all year round. Learn not to burn, and please don't forget to test your smoke alarms monthly.

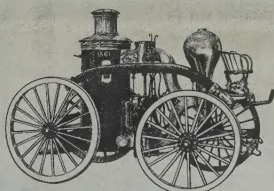
Did you know...

The Alberta Fire Code requires all dwellings in the province to have working smoke alarms. In dwellings built on or after July 5, 1977, smoke alarms powered by household electricity are required. For homes built prior to July 5, 1977, smoke alarms are required and these may be battery operated.

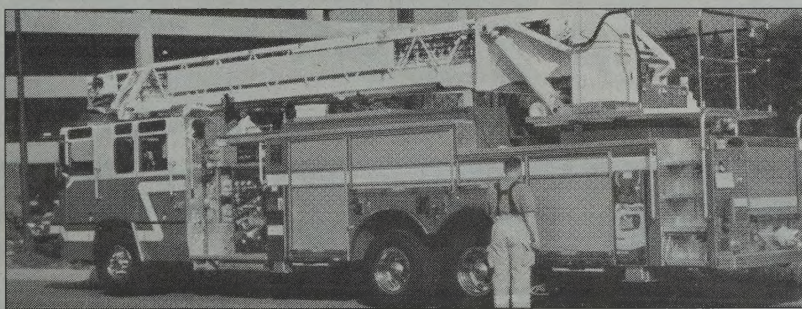
For rental properties, it is the responsibility of the owner or the authorized agent to ensure that smoke alarms are installed, tested and cleaned prior to occupancy. The owner is also responsible for providing notice to each tenant prior to occupancy on the need for testing and maintaining smoke alarms on a regular basis.



The Mayor & Council of the Town of Elk Point



*Know times have changed
but our local fire department is as great
as ever. Thanks for being there for us!*



DON'T PLAY WITH FIRE!

**Fire Prevention Week
October 3 - 9**

Let us take this time to give our many thanks to all the firemen for putting their lives on the line time & again.

ELK POINT & DISTRICT AMBULANCE
PHONE 724-4040



**"WE CAN'T SAY
ENOUGH ABOUT OUR
GREAT VOLUNTEER
FIRE DEPARTMENT"**

BUMPER TO BUMPER.
Auto Parts Professionals

WILTER

AUTO & INDUSTRIAL SUPPLY

5405 - 48 Street
Elk Point, Alberta
Ph. 724-4090

It's Fire Prevention Week: Test Your Smoke Alarms!

Fire Prevention Week: October 3-9, 2004

- Install smoke alarms on each level of your home
- Test smoke alarms once a month and replace batteries once a year
- Be prepared for a fire emergency - plan and practice a home fire drill



For more information contact your fire department or the Fire Commissioner's Office at 780-427-8392 (toll free 310-0000) or <http://www.municipalaffairs.gov.ab.ca/fco>



Alberta
MUNICIPAL AFFAIRS



**We salute
those who
risk their
own lives for
all of us!**

**Take the necessary precautions to
prevent unnecessary fires!**

**THE CANADIAN SALT
COMPANY LTD.**

Lindbergh, Alberta • 724-3745



**Always know
what you're
doing when it
comes to fire!!**

**THE
Stove
Store**



**"Wood Burning
Specialists"**

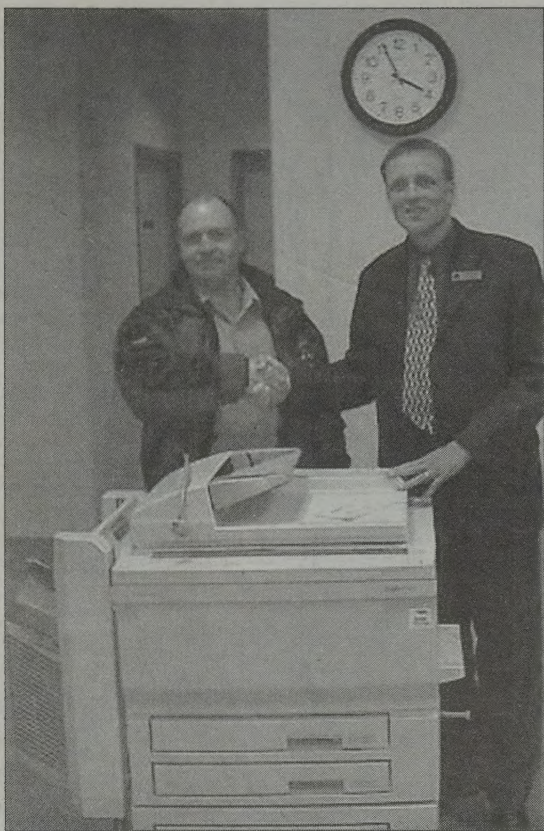
Harold Lefebvre

Cell: 645-7297

Ph. 724-3090

4816-50 Street
Elk Point, AB.





Corporate donors assist Fire Department

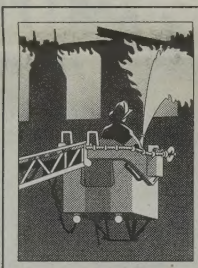
Rod Randall recently presented a photocopier to Jonny Nielsen, representing the Elk Point Volunteer Fire Department, on behalf of the Elk Point Branch of Servus Credit Union. The Elk Point Fire Department are grateful to Randall and the Credit Union for their generous donation.

PHOTO BY NIGEL LaFRANCE

Every day firefighters
put their own lives on
the line. It's time we
all say a mighty big
"THANK YOU"

**K & N Liquor
Store**

Highway 41 Elk Point
Phone 724-4770



Play it safe & know
your fire exits?
Always use caution
when dealing with
fires! Beware!

**JORVIK MACHINE TOOL
& WELDING INC.**

5305-44 St., Elk Point, Ph. 724-4020

**FIRE
PREVENTION
WEEK**
OCTOBER 3-9, 2004

**R&M ENERGY
SYSTEMS CANADA**
A Unit of Robbins & Myers Canada, Ltd.

Elk Point
(780) 724-4223



It's Fire Prevention Week: test your smoke alarms

SUBMITTED BY THE ALBERTA FIRE
COMMISSIONER'S OFFICE
Review Contributors

This October, communities across North America will be learning an urgent fire safety message: "It's Fire Prevention Week: test your smoke alarms!" This message is both a theme and an alert to the general public. It conveys the idea that smoke and fire can spread rapidly through a building, and that early warning of smoke and fire danger from smoke alarms is an essential part of surviving a fire emergency.

This year's Fire Prevention Week campaign teaches three simple but lifesaving lessons:

- The life threatening dangers of smoke and fire;
- The value of installing, testing and maintaining smoke alarms; and
- What to do when the smoke alarm sounds.

Imagine waking up completely surrounded by threatening black smoke. Imagine it's so thick that you can't find your way around your own bedroom - the air is so hot you can hardly bear to breathe. Imagine your house is on fire! Do you know what to do?

When fire breaks out in your home, smoke has no way out. It hangs from the ceiling like a choking blanket, thick and dark. A small fire can produce enough smoke to fill a house in minutes. And by the time you wake up, you may not be able to find your way around your own home. Air temperature in a burning room can reach 300 degrees Celsius - three times the temperature of boiling

water. That's hot enough to melt clothes to your skin - hot enough to scorch your lungs in one breath.

Most people who die from fires die from breathing smoke and toxic gases - not from flames. In a fire, carbon monoxide, hydrogen cyanide, ammonia and hundreds of other chemicals in the smoke can poison you and attack your eyes, nose, throat and lungs. They numb your senses and leave

you dazed.

Experienced firefighters know what fire is like. In their words, "Fire is fast, dark, hot, smoky and deadly!" In as little as three minutes, a small fire can erupt into "flashover." That's what it's called when a room gets so hot everything suddenly bursts into flames.

Three minutes is not a lot of time to recognize a fire emergency and organize an escape. You will need an

early warning of smoke and fire danger from your smoke alarm to escape from a fire emergency in time. Do you have a smoke alarm? If so, will it work and provide an early warning when a fire emergency arises?

Since smoke can kill and an early warning from a smoke alarm can mean the difference between life and death, it is essential that every household in Alberta install, test and maintain their smoke alarms. A smoke alarm cannot warn you of a fire emergency if it does not activate. Make sure your smoke alarms are always in working order by testing them at least monthly and ensuring a steady power supply - a live battery or household electricity. Since most deadly fires happen during sleeping hours, having at least one working smoke alarm on each level of your home between the sleeping rooms and other living areas is a smart idea.

Nevertheless, the presence of a working smoke alarm alone does not ensure safe escape from a fire. A number of other factors including human behaviour, loss of judgment, physical and mental impairments, blocked exits, intoxication, and use of medications may influence you or your family's safe escape. A fire emergency is no time to consider these obstacles. You have a real fire emergency at hand and you must protect yourself and your family immediately. If you planned and practiced a home fire drill, you will know exactly what to do, almost automatically, to quickly and safely get out from a burning house.

Why use a smoke alarm?

SUBMITTED BY THE ALBERTA FIRE COMMISSIONER'S OFFICE
Review Contributors

- Home fires are the number one cause of fires in Alberta - they account for 25 percent of all fires and 65 percent of all fire deaths.

■ Smoke alarms were installed in only 65 percent of the homes that experienced fires from 1998-2002. Of these, only 34 percent are known to have activated during fires. Those that did not activate were primarily due to lack of a power source - no battery, dead battery, electricity off or disconnected.

■ People who die from fires often die from breathing the smoke and toxic gases from the fire - not from being burned by flames. These poisonous gases, including carbon monoxide, can render a person confused and disoriented or even unconscious after only a few short breaths. These toxic effects may overcome you long before you have time to orient yourself to get out of your own home. Most fatal home fires occur at night while people are asleep. If you are asleep and breathe poisonous gases, you may not be able to wake up in time to escape the fire danger.

■ Once a fire starts it can spread rapidly. In as little as three minutes, a small fire can erupt into a "flashover" (when a room gets so hot everything suddenly bursts into flames). Three minutes isn't a lot of time to notice the fire danger, round up your family, identify a safe escape route, and escape from your home. Seconds count in a fire emergency.

■ In Alberta, smoke alarms are required by law in all residential properties.



We wish to take this
opportunity to say "thanks"
to our local volunteer
fire department!

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ELK POINT REVIEW

Phone: 724-4087

Everyone needs
to know fire
safety steps,
young or
elderly.

Please take
the time to
ensure that fire
prevention and safety are known.



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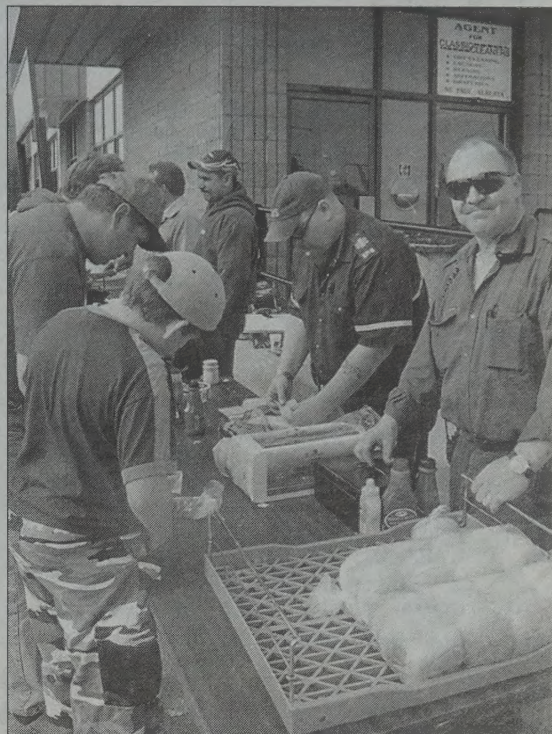
Phone 724-3926 -- Elk Point, AB.



Firefighters kick off their week

Where there's smoke...

...You'll quite often find firefighters. This time, they got right to the source, cooking up burgers at the Elk Point Co-op on Friday evening and Saturday to kick off Fire Prevention Week. At left, Gary Brown and Darryl O'Reilly man the flippers, while at right, Rob Hart and Jonny Nielsen greet the lunch crowd and prepare the buns. About 250 burgers were sold Friday night, and Nielsen said he expected to double that number by the time the grills were turned off Saturday. Local rancher Leigh Babcock donated the prime Alberta beef.



Keep smoke alarms working properly

FROM THE FIRE COMMISSIONER'S OFFICE
Alberta Municipal Affairs

A large proportion of fire deaths and injuries occur in homes with an inoperable smoke alarm. Regular testing and maintenance of your smoke alarms is recommended.

Testing

- Test your smoke alarms at least once a month. Never use an open flame to test the alarm as you could burn yourself or start a fire.
- When testing your smoke alarm, you are checking two things: ensure that power is being transmitted to the alarm, and that it will activate in the presence of smoke.
- Test your smoke alarm by holding up a just-extinguished candle to let smoke drift in the direction of the alarm. The alarm should sound within 20 seconds. Fan away the smoke to silence the alarm.
- You can use an aerosol smoke product for testing if the smoke alarm manufacturer's instructions permit.
- Pressing the test button on the alarm can also be used to test if your alarm is in working order.

Maintenance

- Replace the batteries in your smoke alarms once a year, or as soon as the alarm "chirps" warning that the battery is low. Helpful hint: schedule battery replacements for the same day you change your clock from daylight to standard time in the fall.
- Smoke alarms don't last forever. Replace your smoke

alarms once every 10 years.

- Never "borrow" a battery from a smoke alarm. Smoke alarms can't warn you of fire if their batteries are dead, missing or have been removed for other purposes.
- Don't disable smoke alarms even temporarily - you may forget to replace the battery. If your smoke alarm is sounding "nuisance alarms," it may need dusting or vacuuming. If that doesn't work, try relocating it further away from kitchens and bathrooms, where cooking smoke and steam can trigger the alarm to sound.
- Regular vacuuming or dusting of your smoke alarm can help keep it working properly. Follow manufacturer's instructions when cleaning your alarm. Dirt, dust, and cobwebs can lead to a false alarm or cause the alarm to malfunction in a fire emergency.
- Don't paint your smoke alarms. Paint, stickers or other decorations could keep them from working properly.

Avoiding false alarms

Unfortunately, smoke alarms are electronic devices and like any other electronic device, they may fail. Failures may range from not working at all to alarming for no apparent reason, or alarming too late when subjected to a fire signal. The following may cause nuisance alarms:

- Improper location - Installing an alarm in the kitchen or other high smoke or steam area will induce a false activation of the alarm.
- Wear and tear - A smoke alarm may wear out, regardless

of quality. After 10 years of age, the failure rate significantly increases.

- Poor maintenance - False alarms can be heightened in dirty or greasy environments. Dirt will often collect in the alarm, making it more sensitive to activation.
- Early installation - If alarms are installed too early during the construction or renovation of a home or building the alarm may become contaminated, dirty, clogged or ineffective.



Prevent fires for all our sakes!!

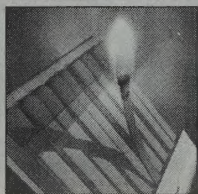
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FIRE PREVENTION WEEK
October 3 - 9, 2004

We salute those who have dedicated their lives to saving the lives of others.



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Dr. Steven Ma, DDS

Our appreciation in all the volunteer fire men & fire women. We value your expertise in protecting and advising us.

From one profession to another ...
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We Salute the Volunteers Fire Dept

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Carbon monoxide - the silent killer

FROM THE FIRE COMMISSIONER'S OFFICE
Alberta Municipal Affairs

What is carbon monoxide?

■ Carbon Monoxide (CO) is a poisonous gas that is odourless, colourless, tasteless and non-irritating. In fact, it is so undetectable that you probably wouldn't even know if you were breathing it - that's what makes it so dangerous.

■ CO results from the incomplete combustion of such common fuels as natural gas, coal, heating oil, charcoal, propane, kerosene, gasoline, or any other combustible material such as tobacco, cloth, paper or wood. CO is also found in exhaust fumes from motor vehicles and malfunctioning heating equipment.

■ Smoke inhalation is the most common form of CO poisoning in fire casualties. Cigarette smoke and vehicle exhaust are the most common sources of regular CO exposure.

Note: There must be an adequate supply of air for complete burning or combustion. Incomplete burning or combustion results in the formation of carbon monoxide gas. Proper venting of fuel-burning appliances to the outside is essential to prevent collection of CO gas inside buildings.

Carbon monoxide poisoning

When CO is inhaled, it combines with the haemoglobins in the blood stream and prevents it from carrying oxygen to the cells in the body. When the cells, especially in the heart and brain, do not get enough oxygen they do not function properly. Death can result from CO poisoning.

■ Exposure to CO can cause headaches, dizziness, confusion, weakness, fatigue and tightness across the forehead and in the temples, as well as nausea and other symptoms similar to those associated with the flu.

■ The severity of symptoms will vary depending on the person's age, general health, level of physical activity and the duration and concentration of exposure.

Action to take if you suspect carbon monoxide

■ Have everyone leave the premises and seek medical attention immediately. This is important if everyone in the household is suffering from the same symptoms at the same time, or if symptoms improve after leaving the premises. Call the fire department or a qualified technician to inspect for sources of CO.

■ If you suspect a CO problem but are not experiencing any symptoms, open doors and windows to air out the home, then call the fire department or a qualified technician to inspect for sources of CO. Because you've aired out your home, the CO buildup may have dissipated by the time help responds. Although it may appear that the problem is solved, it is crucial that the source of CO is determined and appropriate repairs made.

■ Other danger signs to look for are stale, stuffy or smelly air. Back draft and soot from the fireplace or furnace chimney usually means that your home needs more air for proper combustion and healthy living.

Preventing carbon monoxide problems

Here are a few precautions you can take to greatly reduce the risk of carbon monoxide poisoning in your home:

■ Never operate or idle cars, trucks, motorcycles, lawnmowers or other types of internal combustion engines in an enclosed area such as a garage or confined carport.

■ Keep stove and fireplace chimney vents clear of debris or other blockages that can prevent furnace gases from exhausting safely to the outside of your home.

■ For all fuel burning equipment, make sure that vent hoods and pipes are securely in place and that external vents are not blocked by insulation, leaves, debris or birds' nests. All gas appliances except ranges and stoves must be vented to the outdoors.

■ Ensure that your chimney has the proper lining and is in a good state of repair.

■ Never operate charcoal grills, portable gas grills or similar equipment inside a home, trailer, tent, garage or other enclosed area.

■ Do not use a range, oven or clothes dryer for heating.

■ Never insulate or try to seal up a drafty hood, wind cap or exhaust vent on any natural gas appliance (furnace, water heater, range, dryer, space heater or fireplace). Keep all fuel burning equipment free of lint, dust and trash. Don't store

anything that could restrict air circulation close to the equipment.

■ Caulking and weather-stripping, exterior home siding, interior insulation (particularly in basements), and new windows may reduce the flow of outside air into the home. For a tightly sealed house it may be important to install an outside vent to provide air for a furnace, stove or fireplace.

Appliances that consume or exhaust air out of the home may starve a furnace of air. Wood stoves and fireplaces, for example, can consume five to 10 times as much air as a furnace. Clothes dryers, kitchen, bathroom and attic vent fans, central vacuum cleaners, and kitchen barbecues, which exhaust air from the home, can starve the furnace or the fireplace of oxygen and create a vacuum inside the home. Oxygen starvation of a gas furnace, for example, can lead to incomplete burning of gas and the formation of carbon monoxide gas. The vacuum can result in waste gases such as carbon monoxide backing up into the home. Under these conditions, air may be drawn back down the furnace chimney along with dangerous exhaust fumes.

■ As a precaution, do not run appliances, such as fireplaces or clothes dryers, that complete for oxygen or create a vacuum for prolonged periods of time.

■ Have space and water heating appliances inspected regularly by a qualified technician.

Between inspections

■ Do a visual inspection of the equipment to look for signs of equipment problems, such as soot on a fireplace face or water collecting near a burner or rusted venting.

■ Periodically check the vent pipes between gas appliances and the chimney for corrosion or rust.

■ Equipment that uses natural gas should show a clear blue flame - a yellow or orange flame may indicate a problem. If a problem appears, call a qualified technician.

■ Ensure a window is open when operating a wood-burning fireplace.

Carbon monoxide detectors

The installation of carbon monoxide detectors in your home is the second line of carbon monoxide prevention. A carbon monoxide detector should never be substituted for the safe use of combustion equipment and the regular inspection of heating and cooking equipment by a qualified technician.

Teach Your Family

FIRE SAFETY

- Install Smoke Alarms
- Plan & Practice Fire Escape Routes
- Practice Good Fire Prevention
- Know how to call your Fire Department

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FIRE PREVENTION WEEK
OCTOBER 3-9, 2004
Have a safe week

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Many thanks to all of the firemen who risk their lives for all of us!

TAGS **TAGS** **PIZZA HUT**
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 Phone: 724-4373

Stop Fires BEFORE They Start

- Don't overload outlets.
- Keep cooking area clear of flammables.
- Store combustibles safely.
- Use a spark screen in the fireplace.

For more helpful fire prevention hints, visit your local fire hall.

Fire Prevention Week
Oct. 3-9, 2004

Remember that safety should always be #1

Bonnyville 826-4447
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FIRE EMERGENCY CALLS DIAL 911

County of St. Paul #19

How Does This Affect You?

ALL emergency calls must be made by dialing 911 only. All existing 7 digit emergency numbers for the Fire and Ambulance have been eliminated.

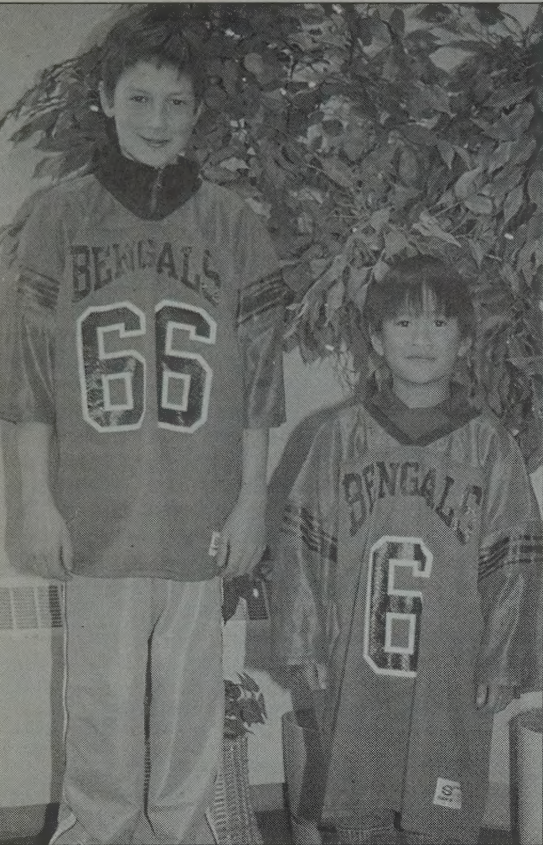
We Salute Our Brave Firefighters Who Always Come to Our Rescue and Applaud Their Courage and Dedication.

Sponsored by the County of St. Paul #19

Fire Prevention Week ~ Oct. 3-9, 2004

ELK POINT FIREHALL ~ 911 **MALLAIG FIREHALL ~ 911**
 Ken Palamarek, Fire Chief Yvon Michaud, Fire Chief

ASHMONT FIREHALL ~ 911 **ST. PAUL FIREHALL ~ 911**
 Dwayne Newby, Fire Chief Terry Senecal, Fire Chief



Bengals for a Day

Grade 6 student Brendan Bishop and Grade 2 student Kevin Tuliao were "Bengals for a Day" on October 1. The promotion goes every Friday in October, with one student from Kindergarten to Grade 3 and one from Grades 4 to 6 chosen as mascots for the St. Paul-based bantam football team, which has numerous players from the Elk Point area. It's the first year in the league for the Bengals, who had won two of their three games so far, as of Friday. Watch for Elk Point Elementary's annual Teachers vs the Sixes football game on October 21, when the Sixes will wear the Bengals jerseys and the teachers will dress as the St. Paul Lions.

THE TOWN OF ELK POINT

Notices & Information

DEVELOPMENT APPLICATION

PERMIT #	LOCATION	CIVIC	DEVELOPER	DEVELOPMENT	DECISION
04-15	Lot 8, Block 16 Plan 415HW	5226-48 Avenue	Billy Harrison	Garage	Oct. 1, 2004

Any person claiming to be affected by the decision made by the Development Officer may appeal by writing a NOTICE OF APPEAL to the Secretary of the Development Appeal Board, Box 448, Elk Point, Alberta within 14 days from the first publication of this notice giving reasons for the appeal. Such appeal shall be accompanied by a certified cheque or money order in the amount of one hundred fifty (\$150.00) dollars.

Dated this 1st day of October A.D., 2004 Myron J. Goyan, Development Officer



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OCTOBER 28, 2004

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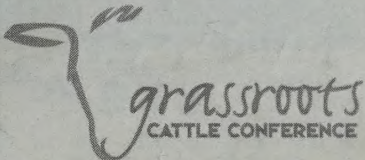
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Alberta Beef Producers
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DVM, BSE Surveillance Program
- ★ Lunch & Steak BBQ dinner
- ★ Door prize draws and more!

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For more info call (780) 650-5444.



www.grassrootscattleconference.com

SPACE IS LIMITED. REGISTER TODAY TO AVOID DISAPPOINTMENT.

Alberta's students are STILL waiting for improved classroom conditions.

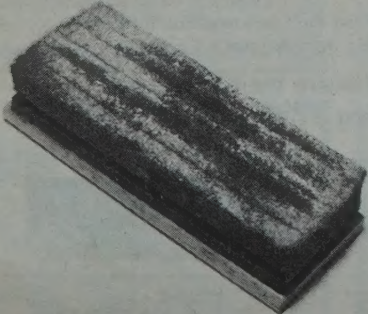
What will your candidate do?

With each new election there are new promises and priorities. Yet we're still waiting for much-needed improvements in our children's classrooms.

The large number of students in my daughter's class makes it impossible for her to receive the kind of individual attention she needs. Parents in other neighbourhoods are still waiting for community schools to be built or renovated. Meanwhile, some schools continue to struggle without librarians, counsellors or other essential supports.

If you are like me and my family, and are still waiting to see real improvements in classroom conditions, let your candidates know. Ask them what they're going to do to win your trust – and your vote.

Jackie Campbell,
Parent/Volunteer/Voter



Don't allow education to be wiped clean from the agenda this election.

This message paid for by Alberta's teachers. www.teachers.ab.ca

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Sportsmanship and athletic awards

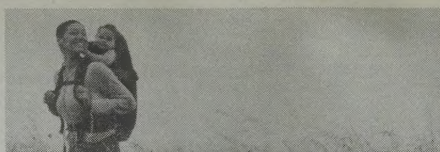
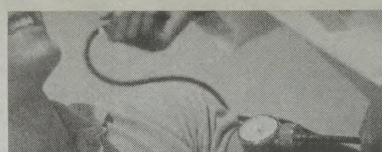
Junior Female Athlete of the Year

Cassy Cochrane accepts the Junior Female Athlete of the Year award from Sue Campbell of Kudu Industries Ltd. Craig Dallaire was named Male Athlete of the Year.



Senior High Athletes of the Year

Dean Berg presents awards on behalf of Elk Point and District Lions Club to Senior High Athletes of the Year Amanda Poulin and Travis Lindquist.



Better Health Care for Canadians: A 10-year plan

Working together, the Prime Minister, Premiers and Territorial leaders have signed a 10-year plan, supported by \$41 billion in new federal funding, that will lead to better health care for Canadians.

Better Health Care

- ☒ **Reduce waiting times**
 - Improve access so that Canadians don't wait as long for key tests, treatments and surgeries
- ☒ **More Doctors, Nurses and other Health Professionals**
 - Plans to train and hire more health professionals while also developing faster accreditation for foreign-trained health professionals
- ☒ **Expand home care**
 - Provide better support for people being cared for or recovering at home
- ☒ **Improve access to family and community care**
 - Increase 24/7 access to doctors, nurses and other health professionals
- ☒ **Better Access to Needed Medicines**
 - A commitment to manage drug costs and ensure that no family is forced to choose between needed medicines and financial ruin
- ☒ **Improved Aboriginal Health**
 - New investments and better planning to close the gap between Aboriginals and other Canadians in terms of health

Shorter Waiting Times

The federal, provincial and territorial governments have committed to report clearly on the progress we are making in health care and, for the first time will report on progress in reducing waiting times.

- ☒ **Comparable indicators ... so we can measure**
 - Federal, provincial and territorial governments will use comparable information to report their progress in improving access to doctors, and to diagnostic and treatment procedures
- ☒ **Benchmarks ... so we know what we are striving for**
 - Federal, provincial and territorial governments will set medically acceptable waiting times – based on advice from medical experts – starting with cancer, heart disease, diagnostic imaging, joint replacement, and sight restoration
- ☒ **Targets ... to drive change**
 - Provincial and territorial governments will set their own targets and report annually to citizens on progress in reducing waiting times

Canadians will see for themselves where their health care money is going and how it is making a difference.

To obtain a copy of "The 2004 Health Care 10-Year Action Plan at a Glance", call **1 800 O-Canada** (1 800 622-6232) or, to see it on the web, click www.canada.gc.ca/healthplan.





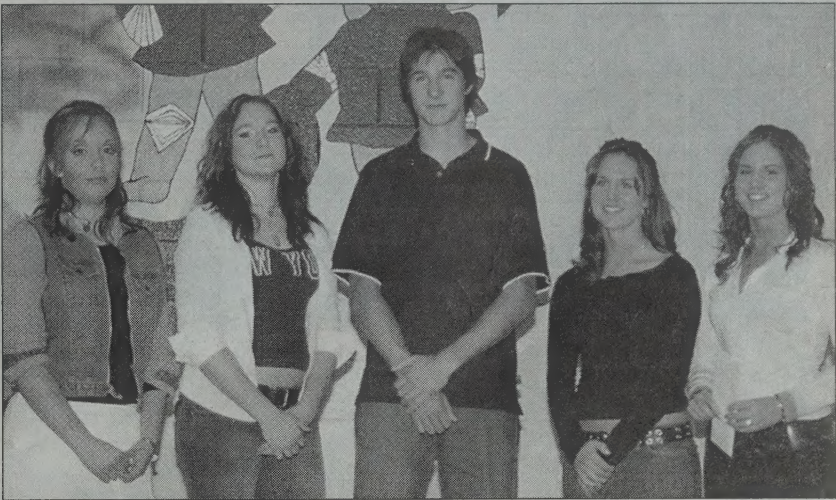
Junior High sportsmanship awards went to Cassy Cochrane (third from left) and Tyler Loughran (not shown), honorable mentions to Laryssa Cochrane, Sage Lowry, Sabrina Stewart, Brittany Ballas, Emily Mosely, Collin Breen, Jordon Krankowsky, Craig Dallaire, John Schmitt, Eric Mosley, Adam Hymanyk and Troy Lehr.



Cassy Cochrane and Craig Dallaire were named Junior High Athletes of the Year, with honorable mentions going to Emily Mosely, Natalie Maas, Natasha Scott, Sage Lowry, Jessica Priddle, Sabrina Stewart, Tyler Loughran, Adrian MacKinnon, Tyrell Trotter, Timmy Quinney, Randy Merkel, Troy Lehr, Brad Kalynchuk and Mike Wandler.



Senior High sportsmanship awards went to (left to right) Shyla Bullock, Corbin Poitras, Darby Brooker, Valerie Friesen, Amanda Poulin, Samantha Armstrong, Travis Lindquist, Marcy Ference, Karly Shankowski and (not shown) Nicholas Myshaniuk, Grayson Bilak, Devin Moneta, Harley Ray Delorme, Devin Quinney, Jesse Kozicky, Kelly Convery, Tamara Berland, Melanie Fayant, Kyla Ference and Brandi Breen.



Senior High Athletes of the Year were Amanda Poulin and Travis Lindquist (second and third from left), with honorable mentions to samantha Armstrong, Marcy Ference, Stephanie Ference and (not shown) Meaghan Lehr, Eleasha Lehr, Chelsea Schnurer, Kurt Kozicky, Lee Letestu, Nicholas Myshaniuk, Aaron Watchmaker, Wayne Anderson and Zack MacKinnon.

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Power eating: eating for more energy

SUSIE LANGLEY

Registered Dietitian and leading sports nutritionist

Fall is a time when many of us look forward to settling back into a routine. The lazy days of summer are over and we tend to adopt a more regular schedule, including adding more exercise and new eating plans into our daily routines. Some of us however, often feel intimidated by the challenge of keeping fit and eating well. The many Olympians I worked with this past year treat their bodies like elite machines. Everything is forged into a science of intake versus out-

put for the best results. But for those who are interested in simply feeling more energized, dropping a few pounds or managing stress, there are some easy ways to work a healthy eating and fitness plan into your life.

Whether you are an elite athlete or someone exercising for health and fun, many people lack time, especially when it comes to proper nutrition and exercise. Eating well involves planning and people need quick and easy meal solutions. Staying on track with a new eating plan is much easier when prep time is kept to a minimum. One good option

is to prepare a week's worth of healthy dinners on Sunday and freeze them.

Another option to consider is stocking up on frozen meals as they can offer easy nutritional analysis on the label, and are also great for easy portion control, as you are much less likely to reach for another helping.

One meal I often recommend is Ignite because it is developed with nutrition in mind, designed for active people and won't leave you hungry.

This new frozen meal boasts two full servings of vegetables, 16 vitamins and

minerals and has plenty of protein and fibre. If you are concerned about heart health, Ignite is low in fat and sodium allowing it to qualify for the Heart and Stroke Foundation of Canada's Health Check Program (<http://www.heartandstroke.ca>).

I am also an advocate of carbohydrates, the prime fuel for the brain and muscles. All of us, especially if we are active, need the right balance of protein and carbohydrates to maintain energy levels during exercise and to repair muscles after a workout. I recommend eating your protein

and carbs in the form of whole foods rather than supplements. Adults with moderate to high activity levels should aim for six to ten grams of carbs and 0.8 to 1.7 grams of protein for every kg of body weight per day. This would mean that an average man at 180 lbs. (82 kg) would need to eat about 80 grams of protein a day, which could come from a lean meat, chicken, fish, lower fat dairy products and alternatives such as peanut butter and legumes (chick peas, lentils and soy).

Also be aware of when you eat. Fuel your body at regular intervals over the day to get plenty of energy for your workout. Eat a small meal about two hours before you work out and snack about one hour before, ideally one that combines some protein, carbs and a little fat. An apple with some peanut butter or a banana and yogurt are both good snack options. It is equally important to recover after training by again eating both carbs and protein. Some people are quite surprised when I explain just how much food energy an active body needs. Depriving the body of adequate energy will make you sluggish, your workouts ineffective and may ultimately slow down your metabolism.

Hydration must also be factored into the power eating formula. Adequate fluid before, during and after exercise is necessary for health and optimal performance. While it is important to stay hydrated all day, it is also important to drink enough fluid during your workout to balance fluid losses. This translates to about 2 cups of fluid two hours before and 1/2 to 1 cup every 15 minutes during a workout. Drink 2 1/2 to 3 cups of fluid for every pound of weight lost via sweat. For example, if a 150-pound athlete lost 2 per cent of body weight (3 lbs. of sweat) during training, then 7 1/2 to 9 cups of fluid would be needed for rehydration.

Top tips on "eating for energy"

1. **Plan ahead.** Take some time to make a grocery list and stock your

kitchen. Plan some menus for the week, cook in bulk and freeze individual portions. Or take advantage of convenient healthy frozen meals like Ignite, to ease the pressure of your hectic life and spend more time at the gym.

2. Eat a balanced diet.

Aim to include three to four food groups at each meal. Try combining protein with carbohydrates at meals and snacks to maintain longer lasting energy and prevent hunger. Don't forget fruit and vegetables to get the most nutrition for the fewest calories.

3. Say yes to carbs.

They are the prime fuel for energy. A low-carb diet leads to fatigue and a craving for sweets and high fat snacks. Choose smart carbs like whole grain breads, cereals, pasta, rice, vegetables, fruit and lower-fat milk products.

4. Stay well hydrated.

Keep a bottle of water on hand to prevent dehydration and fatigue throughout the day. If you feel thirsty, you are probably already in the early stages of dehydration.

5. Reward yourself.

Staying on track with healthy eating and regular physical activity can be challenging, but don't forget to relax and enjoy a few small pleasures (yes, this includes chocolate!). Remember that eating well, being active and feeling good about yourself are all part of Health Canada's Vitality message - so go ahead and nourish an active

Pioneer Circle bingo

September 20, 2004

Annette McPherson \$36, Olga Bayrock \$20, Lucille Smith \$20, Dorothy Crain \$70, Sylvester Gladue \$40, Vi Lillemoen \$20, Lil Buksa \$10, Helen Trach \$18, Pearl Slywka \$35, Flora Gladue \$20, Olga Ruzyski \$20, Jean Ference \$10, Florence Demchuk \$30, Mr. Gadwa \$20, Harry Shankowski \$20, Mr. Dumont \$38, Ann Palynchuk \$23, Carol Maas \$47, Leatha Ockerman \$8, Dina Leaf \$16, Caroline Shankowski \$16, Victor Aarbo \$16.



THE E-ROUNDUP HAS BEGUN!

Folks across the province are pretty darn excited about Alberta's new electronics recycling program. Now, instead of filling the ground full of lead and other foul things, old TVs and personal computers are being rounded up and turned into new opportunities for Albertans and new hope for our environment.

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Find out what's new and exciting @ your library

By DAPHNE SCHMURER
Librarian

Celebrate Library Week in Alberta, October 2 to 9, You're invited! Libraries across the province are busy planning events to showcase the best and brightest @ your library. Check with library staff to find out what we are planning!

Your library has services that you may never have imagined. Search 271 library catalogues province-wide from any Internet connection. Borrow books from libraries around the province, easily, through your own library. Take part in online reading adventures. Find your favorite movies, magazines, books and much more at your library. But best of all, find every piece of

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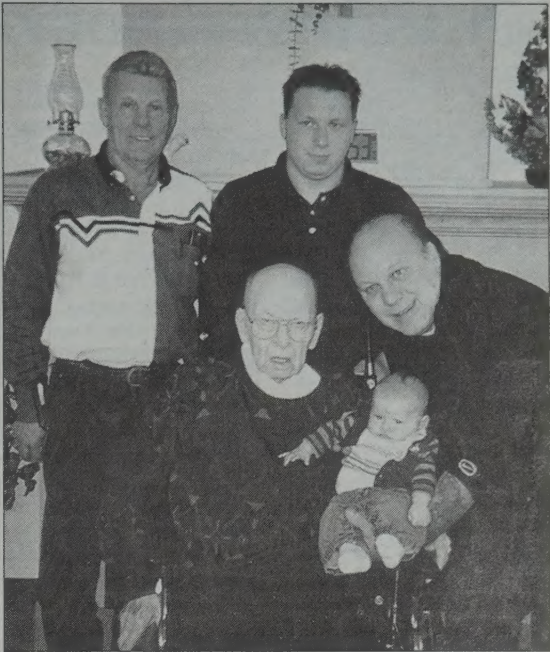
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"A library card is the best thing a child can own" - that's the message being sent out from libraries this month. A library card gives unlimited access to information and adventures contained on the shelves of your public library. A public library card helps people save money, helps people stay more informed, and is a real bargain for your dollar. This reliable source can be used all over Alberta. Whether you are at home or on vacation, you can use your library card. The library

system has improved connecting libraries, making it possible for you to order, take out and return books to any library located in Alberta. Parents, investing in a library card provides your children with an important source of information, recreation and adventure. Our staff would be more than happy to assist you.

Be sure to check out our new best sellers:

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The Sinner - Tess Gerritsen
The Tristan Betrayal - Robert Ludlum
The Big Bad Wolf - James Patterson
Are You Afraid of the Dark - Sidney Sheldon
Blind Alley - Iris Johansen



Five generations of Fakeleys

Great, great Grandpa Alf Fakeley (seated) and grandpa Darrell Fakeley (far right) admire seven-week-old Anthony Ross Fakeley. Back row, left to right are great-grandpa Allan Fakeley and dad Tyler Fakeley.

From allergies to asthma: helping your child breathe easier

From Canadian Community Newspapers

Nothing scares a parent more than hearing their child wheezing and struggling for breath. According to Health Canada, over 2.2 million Canadians have asthma. Even more alarming is that almost 20 per cent of Canadian children suffer from this respiratory disorder.

What many people do not realize is that while asthma can be caused by respiratory infections and other predisposing factors, most times asthma is actually caused by allergies. In fact, the prevalence of allergic asthma has increased dramatically in recent years.

"Several theories exist on why allergies are on the rise," explains Iris Greenwald, family physician and mother. "Changes in our environment, lifestyles and diets, have left us exposed to more allergens."

Since Canadians spend so much time indoors, our homes play a significant role in the development of allergies and asthma...but maybe not in the way you think. While parents strive to keep a clean home for their children, a theory has been developing over the past 10 or so years, called the "hygiene hypothesis". This idea states that our home environments might actually be too clean and young children may not be exposed to enough infections early in life.

Now, this doesn't mean put away the vacuum cleaner and duster. Instead we have to be aware that the chance of someone becoming allergic to a potential trigger depends on whether his or her immune system becomes sensitive or tolerant to that trigger. For example, if a child who is genetically prone to allergies is born into a house with a cat, the child's immune system will become tolerant to cat allergens, reducing the likelihood of developing aller-

gies to the cat.

It's not too late

The first step in easing your child's suffering is determining if they do indeed have allergies. "The best indicator is time," says Dr. Greenwald.

"If symptoms last longer than a week, allergies should be considered." If your child does suffer from allergies and asthma, there are several ways to ease the suffering. The best advice is to keep your house as free from potential triggers as possible.

So how do you reduce exposure to common allergic triggers, which can include dust mites, animal dander, smoke and mould? Parents have options.

Case in point, using dust mite covers on furniture, such as mattresses and pillows, can significantly decrease exposure, as can removing carpets and using air filters.

What about Fido and Fifi?

Just because your child may have asthma from allergies doesn't mean they can't own a pet. But it is important to eliminate some of the dander magnets and pet-child areas of contact, such as drapes and carpeting, because the protein in pet dander, which is what causes the allergic reaction, sticks to walls, curtains and carpet.

Bathing the animal regularly is another way to control its allergens, as is restricting the animal to certain rooms of the house. The dander still travels through the house but this will at least slow down the movement.

"Of course, if the family pet is causing serious asthma attacks, it is best to give it away," explains Dr. Greenwald. "Failure to do so could cause persistent lung irritability."

The ABCs of treatment

Avoid Triggers - Removing as many allergy triggers as possible is the first step in helping your child feel better in the long

term. Avoid carpeting and curtains, encase pillows and bedding in airtight covers, and wash bedding in hot water frequently. Vacuum regularly and avoid sweeping. Use air filters, air conditioning and a dehumidifier in damp areas.

Back Scratch Test - If you are already implementing some of the avoidance measures, it is probably best to have your child tested. Because such testing is quantitative, parents can determine their child's worst allergy culprits, and also find out the degree to which they are allergic to something.

Cetirizine - Medications in the form of a kid-friendly syrup are good options as this is a format children accept more easily. As safety is always an issue when dealing with young children, cetirizine-based syrups, are a good option. Cetirizine doesn't have to be processed by the liver in order to be effective so there is minimal interference with a child's system and little concern for drug interactions. As well, new research shows that cetirizine may actually be effective in preventing the onset of asthma and allergies in children.

Parents should look for syrups that come in a one-dose format and can provide long lasting, 24-hour relief for children 2-12 years old.

Helping your children live with their allergies

Dealing with allergies isn't fun for children or their parents, but having some understanding of what causes allergies and taking steps to control the problem can help ensure everyone is happier.

"Parents should definitely make an effort to control allergens around their children," says Dr. Greenwald. "There is no cure for allergies but parents can definitely make a difference in the quality of life for their children."

Dr. Greenwald offers the following tips to help keep your children allergy symp-

tom-free.

1. If allergies run in the family, take precautions early, even when you are pregnant. This can include ensuring the baby's bedroom has wood floors, put a dust mite cover over the crib mattress and keep stuffed animals at a minimum (they breed dust mites)
2. Keep pets out of your child's bedroom
3. Don't smoke around small children
4. Clean air ducts in your child's bedroom
5. Wash their sheets and bedding in hot water once a week
6. Place that favourite blanket or stuffed animal in the freezer for 24 hours every three weeks to kill allergens
7. Establish a set place in the closet for toys, which prevents clutter and is easier to keep clean
8. Give your child allergy medication in a one-dose, 24-hour relief format
9. Refrain from having your child help out with chores like mowing the lawn (they can still wash dishes!)
10. Wash your child's clothes immediately if they have been at a friend's house with a pet

Pioneer Circle bingo winners

September 27, 2004

Margaret Bardeol \$20, Vic Aarbo \$20, Viola Yarmuch \$28, Sylvester Gladue \$20, Carol Maas \$110, Sophie Stamp \$10, Pearl Slywka \$17, Annette McPherson \$57, Helen Trach \$7, Ann Zayac \$20,

Phyllis Zarowny \$20, Lillian Buksa \$20, Christina Desjarlais \$20, Helga Vaughan \$20, Laura Gladue \$10, Percy Best \$20, Olga Bayrock \$20, Vi Lillemoen \$10, Katie Charchun \$10, Helen Gulayec \$20, Mary Bocho \$13, Betsy Lumley \$32, Lillian Ewasiuk \$43, Olga Lawrence \$23, Louis Lumley \$15, Helen Trach \$23, Dina Leaf \$8.

It's a Boy!

VAN MAARION

Big brother Colton is pleased to announce the arrival of his little brother

Jaden Gregory Douglas



Weights 9 lbs. 9-1/4 ozs.
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Holy Communion 2nd and 3rd Sundays

Bible Fellowship Church Clandonald
Services held every Sunday at 11 a.m.

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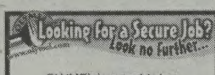
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Characters abound at ATA's annual dinner

Rick Bilak, Mike O'Neill receive 25-year pins

By Peter Crnogorac
St. Paul Journal Staff

Raggedy Anne was there. So was Sleeping Beauty. The Ace of Spades Card from Alice in Wonderland mingled with the crowd, and the Big Bad Wolf and sitting across from Little Red Riding Hood, listened attentively to Mother Goose, AKA, Annalee Hearn, as she mc'd the annual Alberta Teacher's Union Induction and Retirement Dinner at St. Paul Senior Citizen Centre on Friday.

About 200 friends, family, politicians and co-workers packed the dining room for the nursery rhyme theme dinner. Fittingly, following the rules of life, it was out with the old and in with the new.

Saying goodbye were Oksana Chimko of St. Paul Elementary School, Bill Culham, an industrial arts teacher from Glen Avon, Patricia Fontaine, a teacher from Racette, Marlene Hlewka from Two Hills Elementary, Jane Huber of Ashmont Secondary School, Mary van Leeuwen from Glen Avon, and Two Hills special education teacher, Orest Wisniewski.

Before the retirees were honoured, 20 new county teachers were brought on stage. These teachers repeated an oath of professional conduct, accepting the rules of the ATA. Each new teacher was thanked by an ATA employee and given a rose. Some smiled and waved to their friends and family, while others seemed

more nervous, looking stoically ahead.

Aaron Peterson, a B.C. native, and the new music teacher at Glen Avon, said he feels he does not come first in the job.

"I enjoy what I do," he said. "I don't know if I have in mind my own accomplishments, because the kids come first. Anything I can do to help the kids is my first priority."

He added, it's exciting to come to a place where people are truly interested in him, and are serious about education.

Staying true to the nursery rhyme theme, Mother Goose introduced each of the retired teachers with their own personalized rhyme. For the first retiree to go to the stage, Oksana Chimko, the rhyme seemed to capture what the night was about.

"Dear Mrs. Chimko has lost her students. And doesn't know where to find them. Not to worry, they'll keep on learning, with Mrs. Griffith right behind them."

Chimko, being the perennial teacher, told the new teachers in the audience to embrace their profession, and have fun.

Her voice teetered with emotion when she ended her speech with, "I'm very proud of my educational career. I'm going to miss my friends and colleagues. Thanks for all the memories."

Getting the most laughs at the microphone, was retired special education

teacher, Orest Wisniewski.

"People ask me all the time what am I going to do with my life," he told the audience. "Do I have to have goals? It reminds me too much of teaching. Now, when I get up in the morning, what comes up, I do."

Wisniewski is coming off a 35-year career as a teacher and he said it's peaceful being retired.

Besides the introduction and retirement, some teachers who still earn their living by the blackboard were also honoured. Rick Bilak of Elk Point Elementary, Marie Anne Hebert of St. Paul

Elementary, Gisele Malech, St. Paul Elementary, Michael O'Neill from F.G. Miller, Debbie Thorne of Mallaig, and Robert Thorne from Glen Avon were all given 25-year pins by the school board.

Close to the end of the night, as people mingled and visited tables, Wisniewski, leaning back in his chair at a table with friends, reflected on his retirement.

"I feel real relaxed," he said. "I tend to savor every moment, every minute. That's what life is really about."

Rain, rain, stay away...

By Peter Crnogorac
St. Paul Journal Staff

Larry Lamothe, assistant fieldman for the county office, said there's good and bad news with the crops this year.

"The harvest is well underway; most farmers are half done," he said. According to Lamothe, the yield has been "not bad" and the weather lately has been "great," but he adds the rain must keep away. The bad news is the grades are not that good.

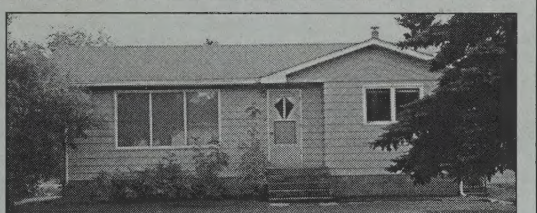
"The grades this year are not up-to-par because of the rain," he said. He explained that some barley was sprouting, which is not good because it's a poorer quality, meaning many farmers will get paid less for grain than they did last year, when crops were good.

On the optimistic side, he pointed out that the majority of the yield is for cattle feed, and the quality is OK for this purpose.

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It's October, and yes, there will be ice!

My, my, my, how do these rumors get started? There's a bad rumor going around town, people are saying that they hear the arena will not be putting in ice this winter. Let's squash that rumor right now. Not true, the plant is running and we are making ice. Why, I don't know? Because, that's what we do every October! Just like we never have enough money to run the place, but somehow we always make it through another winter.

There's always some truth to rumors though, so how did this one start? Well, how about this for starters. This year not only do we not have enough players for a midget team, only four signed up, or a bantam team, only two signed up, but our peewee team folded last week also, when only seven signed up. Three more players and we have a team, but it's probably already too late.

For years we have struggled keeping a bantam and midget program going, but

working with other small towns like Dewberry we have managed. The last two years we didn't have a bantam team, but a few bantams played up with the midgets and they survived.

Over the years some players always leave our system to play a higher level of hockey. Let's face it, you'll never make the N.H.L. playing here, Elk Point just can't offer an AA program, but our players get ample ice time in games and practices, they get treated fairly, and they become better players because of it. Maybe it's our own fault for developing better players so they eventually want to leave and play at a higher level. Maybe we are our own worst enemy. Sure, it's easy to say, "don't release players," but you try and do it and live and work in this town. Been there, done it!

We have a midget girls team, although it will be small, ten players, and we

have enough for a atom team with twelve. Our novice team was sitting at seven and could use a few more,



doug BASSETT

Review Sports

but here's the one that is real concern: only four micro-novice signed up. That's kids aged four, five and six years old. Correct me if I'm wrong. Aren't there more kids in the elementary school than ever before? So what's up with that? Where have all the little kids gone?

Is it a money thing? Because our hockey rates are dirt cheap, when you compare us to other centers. Add an easy \$100.00 to play somewhere else. Is it the volunteer work required in the concession and bingos? Other towns work bingos too. In fact some places you

have to work three bingos.

Is it too violent and parents don't want to see their child hurt, or too competitive and the kids just aren't having fun anymore? Do the kids have too many other choices, like say indoor soccer, dancing, swimming, track, computer games or TV?

Are the parents just too tired after working all week to give up their leisure time to drive their kids around to hockey games?

Tell me what is it, because ten years ago all my kid ever wanted to do was play hockey in the winter and I'm really confused. I never thought I would see the day when we would seriously have to consider whether or not to open the arena for the winter. It makes me sick to my stomach, thinking about what will happen to some of the kids if we don't open it, where will all the little guys who want to play go?

The other day one little guy came dancing up to me

all excited and said, "Mr. Bassett, I'm going into Atoms this year" What about him? What should I tell him next time I see him, "too bad for you, kid!" If this continues will the A.G. Ross Arena become the big blue dinosaur on the hill just like the big green dinosaur on the west side of town?

You know there's a old song and it goes like this, "you don't know what you got till it's gone."

And now for the K. A. Campbell's quote of the

week: "Call the pros, call them mercenaries, but in fact they're just grown-up kids who've learned on the frozen creek or the flooded corner lot that hockey is the greatest thrill of all"

Last week's answer to: "Defeat is not the worst of failures, having not tried is a true failure." - George E Woodberry.

Do you have any scoops? Yes, my computer is working again. Now you can email them to sportshound 007@hotmail.com

Arena vandalized

By Cst. S. Hynes

Elk Point RCMP Detachment

Sometime between the evening of September 24 and the morning of September 25, 2004 suspect(s) smashed two windows in the southeast doors of A. G. Ross Arena in Elk Point. Also during that time period other incidents of vandalism occurred around town, including damage to an exterior sign at the Elk Point Hotel.

Anyone with informa-

tion regarding any of the above incidents is asked to call Crime Stoppers at 1-800-222 TIPS (8477) or the Elk Point RCMP Detachment at (780) 724-3964.

Crime Stoppers will pay up to \$200 for information leading to the arrest of the person(s) responsible for this or any other crime You do not have to reveal your identity and if your tip leads to an arrest you qualify for a reward.

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